





Gertude Sharpe





# THE Home Makers' Cooking School Cook Book

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## PREFACE

**T**HROUGH contact with women of various sections of the country, the author has studied the needs and demands of those upon whom, daily, falls the responsibility of preparing food and drink for the family.

This book is presented with the belief that the Housewife will welcome a compilation of attractive, tested recipes upon which she may rely. Recipes are almost without number—the author has taken pleasure in making a selection from the great mass of available material, with the hope of filling a real need in the American home.

JESSIE M. DeBOTH.

# CONTENTS

CHAPTER	PAGE
I INTRODUCTION . . . . .	5
II YEAST MIXTURES . . . . .	19
III QUICK BREADS . . . . .	36
IV CAKES AND COOKIES . . . . .	51
V PASTRY . . . . .	76
VI ICES AND FILLINGS . . . . .	85
VII MEATS . . . . .	89
VIII POULTRY AND GAME . . . . .	113
IX FISH . . . . .	123
X SOUPS . . . . .	136
XI ONE DISH MEALS . . . . .	153
XII CHEESE . . . . .	162
XIII EGGS . . . . .	167
XIV VEGETABLES . . . . .	174
XV SALADS AND SALAD DRESSINGS . . . . .	193
XVI ENTRÉES . . . . .	208
XVII PUDDINGS . . . . .	216
XVIII SAUCES . . . . .	231
XIX FROZEN DESSERTS . . . . .	243
XX CUSTARDS AND JELLIES . . . . .	253
XXI PRESERVATION OF FOOD . . . . .	256
XXII BEVERAGES . . . . .	265
XXIII SANDWICHES . . . . .	273
XXIV CANDY . . . . .	277
XXV INVALID COOKERY . . . . .	290



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## CHAPTER I INTRODUCTION

**T**HE distribution of the family income has come to be the business of the housewife. In this country it is not customary for the men of the house to concern themselves with the affairs of the kitchen. Running the house, then, is the woman's job, and to do it well she must not only know how to spend wisely, but she must know what to do with the foods after they are brought into the kitchen so that she can get the most from every purchase.

Cooking by "guess work" is now a thing of the past. Home-making has been put on a better basis and cooking has become almost an exact science. At least recipes have been so well standardized that no one need have failures if they start with good materials, follow directions, and use adequate equipment. Adequate equipment does not mean having a large number of utensils for every process; it does mean, however, having enough, so that the business of cooking does not become too irksome. Beating egg whites with a fork is a long process. It takes so long that as a rule the woman usually becomes tired long before the eggs are beaten enough and the result is an inferior product. An egg beater should be among her kitchen utensils. Hundreds of examples could be given to illustrate just that one point. The other extreme of course is just as bad and burdening yourself with useless utensils is something to guard against. Good housekeeping does not consist of a well stocked utensil closet. It is better to have a few good utensils and then make each one do as many tasks as possible. It isn't the number of utensils that counts, but the number of uses to which each can be put that determines a wise choice.

Not only have we now newer and better equipment, but we have newer and better cook books. New ways of preparing old dishes and new combinations of well known foods, which means greater variety with the same materials. It isn't true in cookery that "a rose by another name is still a rose." A new method of preparation means another dish added to the list. There are few housekeepers today who

are not always on the lookout for something new. Since there are seldom new foods, we must turn to new ways of preparing those already familiar. It isn't always possible to tell by looking at a recipe what the finished product is going to look like or taste like; very often really delicious dishes are neglected because the housekeeper isn't willing to try the unfamiliar sounding combinations. The foods that seem new to one group of people are well known to others and it is safe to assume that there are large groups of people who eat and enjoy the foods of which we are wary. To try them may mean opening up a whole new field of interesting cooking.

The problem which the housekeeper has to face more often than almost any other, is the one of variety. The request for something new is heard on all sides and with it an unwillingness to try the new dishes presented. New dishes have come into ill repute for very good reasons. Recipes have not been as accurately followed as they should be, and it not only is not wise to improvise unfamiliar recipes, but it is not fair to the recipe nor the family. If a new dish is to be presented, the recipe should be followed accurately. The people who first formulated the recipe turned out a good product and anyone trying it for the first time, should be willing to follow it accurately. If a new and unfamiliar food is introduced and it is not well prepared, the family is not apt to be friendly to other new dishes. If, however, an attractive new dish is presented, which has been carefully prepared, and the family likes it, they are more apt to be willing to have other new dishes served. It involves a little extra time and trouble the first time, but after the recipe becomes familiar it is not more trouble than other dishes.

Measuring accurately is a rule which the new housekeeper must observe and if, in her first efforts, she takes the trouble to form the habit of following her recipe and making her measures exact, she will save herself a great many failures. Nothing is quite so discouraging as a series of failures. They can be avoided. It saves both time and money to do things right the first time. That should appeal to everyone.

In every new cook book there are some old and familiar recipes and some new ones. The ones that are old to one group of cooks are as a rule new to other housekeepers, and for the housekeeper who has been cooking for years, a new book means exchanging ideas with others.

What shall we cook today and how to prepare it are two questions which this book attempts to answer. Recipes old and new have been incorporated with some from home makers across the sea. The number of interesting dishes taken from foreign countries are so numerous and varied that it would take volumes to give them all. Those that



are here given are all easily made in the kitchen of the American housekeeper in any part of the country. They have strange names perhaps, but the ingredients are all those which are available at some time or other and should prove a welcome addition to our diets.

Getting into a rut with one's cooking is something that can and should be avoided. The way to keep the menu varied is to have an open mind about the possibilities offered by other people and by new books.

In cookery as in all other branches of endeavor there is a vocabulary which sounds unfamiliar to those who have not dealt with the terms. The simplest ones are here explained for the benefit of the new cook, and many others are given for the benefit of those who have long puzzled over the strange foreign names appearing in many recipes adapted from the French cooks. To those who are familiar with both the simple and complicated cooking terms, this book offers new foreign recipes which have been carefully tried out and adapted to the American kitchen. In presenting the material, it is the earnest hope of the author that all reading it may find something of special interest.

## EQUIPMENT

What kind of equipment and how much to have depends so much on the size of the family, the size of the kitchen and the amount of cooking to be done, that it is almost impossible to say just what is needed. There are, however, lists of minimum equipment without which one cannot seriously undertake to keep house comfortably even for two people. The woman who over a period of years has collected a large number of kitchen utensils, may find a list advantageous in showing her where she can dispense with many things to which she clings only because she has not given thought to changing or reducing her equipment.

The following equipment list should be adequate for a small family and can be adjusted to suit the individual tastes and needs:

- 4 **Mixing Bowls** nested to fit inside each other. If possible these should be of a variety that can be used for oven ware. Very often one can buy bowls that are so attractive that they can be used for mixing bowls, baking dishes or salad bowls to be used at the table. They can be used too as vegetable dishes.
- 2 **Pie Plates**, both of which should fit into a stand. There are dozens of dishes other than pie which can be baked in these dishes, and which can be served from the dish at the table. The pie plates can be either of glass or of an attractive pottery which will stand the oven heat.
- 1 **Food Chopper**, to be used for mincing things, such as croquettes. Get one with a full set of knives. A good chopper will last years. It is therefore poor economy to buy a cheap one.

- 2 **Large Mixing Spoons.** These should be either of a good grade of enamel or of heavy aluminum.
- 2 **Wooden Mixing Spoons,** to be used as mixing spoons for cakes, for stirring soups, and for tossing salads. Quite nice ones are inexpensive and if kept very clean and bright, two wooden spoons can be used in the salad bowl instead of the wooden salad set.
- 1 **French Knife.**
- 2 **Paring Knives.** Good knives soon pay for themselves. Good knives are high priced, but cheap ones are always unsatisfactory and soon have to be replaced.
- 1 **Bread Knife and Bread Board.** The bread board can be used for a mincing board. Very often there are small quantities of garnish to mince and a flat board is the best thing to use.
- 1 **Knife Sharpener.** No good workman works with dull tools. The housewife would reduce her work considerably if she had sharp knives, and nothing is as much of an inducement to sharp tools as a good easily worked knife sharpener.
- 1 **Small Two Tined Fork.**
- 1 **Large Two Tined Fork with a Sturdy Handle.** The frail ones are more bother than use. It seems first as if a large heavy fork is out of place in a small kitchen, but the woman who once has such a sturdy aid, will never again want to do without one.
- 1 **Can Opener,** with a bottle opener and corkscrew in it. It should hang in a conspicuous place and should always be on its own hook. It isn't necessary to have three tools where one combination will do.
- 1 **Wooden Mallet,** made in one piece so the handle will not come off. The mallet can be used as a potato masher and is useful in many unforeseen ways.
- 1 **Good Sized Funnel,** with a hook by which to hang it.
- 1 **Rolling Pin,** with stationary handle and a revolving body. For pastry, the pins with the revolving body will be found better than the others.
- 1 **Wire Whisk,** which if spoon shaped, will serve many more purposes than the other variety.
- 1 **Set of Standard Measuring Spoons.** If they are all held together by a ring, one is more apt to measure small amounts accurately than if measurements are made by dividing the larger measurements.
- 3 **Wire Strainers,** different sizes and different meshes. One should be fine enough to use for a flour sifter. These can all hang on one hook and take up a minimum of space.
- 1 **Grater,** the tubular kinds which have several sizes of perforations are very satisfactory.
- 1 **Large Lemon Squeezer,** which can be used for all kinds of fruits, such as oranges and grapefruit. It can be used too for making onion juice.
- 1 **Egg Beater, Medium Size.** It should be large enough to do the work quickly, but should be small enough to use in the medium sized mixing bowl. Cheap ones are soon out of order. There are various types on the market. The thing to look for is comfort in the handle, and double revolving motion.
- 2 **Cake Pans.** These should be of good grade of tin and should be used only as cake pans.
- 1 **Tube Pan.** The straight ones are easier to keep clean. This pan too, can serve in several capacities. Moulded desserts may be made in them and delicate souffles bake well in the tube pans.



**1 Good Sharp Apple Corer.**

**1 Pair of Sharp Scissors,** which should be used in the kitchen only.

**2 Glass Measuring Cups.** Care must be taken when glass cups are used, but they are worth the extra trouble.

**1 Good Medium Sized Spatula.** This utensil more than pays for itself. With a good spatula pancakes can be turned as easily as with a pancake turner.

**1 Good Medium Sized Aluminum Fry Pan,** fairly deep. A deep fry pan, with a cover that fits, is more useful than any other one dish. Where space is very limited the fry pan will be used for most of the cooking processes.

**3 Long Handled Sauce Pans with Covers.** There should be a one quart, two quart and three quart.

**1 Small Roaster with a Cover,** if of a heavy grade of aluminum, will be found serviceable on top of the stove as well as in the oven.

**1 One and a Half Quart Size Double Boiler,** with an extra cover, gives two covered kettles.

**1 Coffee Pot,** either the regular coffee pot or the percolator.

**1 Steamer, Medium Size.** Many delicate inexpensive dishes never find their way into the home with the small kitchen because there is no steamer, and making one of an open kettle and a colander isn't really satisfactory.

**2 Loaf Cake Pans,** either glass or aluminum, will be found very satisfactory for making either hot meat loaves or the jellied delicacies, as well as bread and loaf cake.

**2 Good Casseroles with Covers that Fit Tight.** One large enough to hold a small chicken and one two sizes smaller. Many casserole dishes will be served if good casseroles are on the kitchen shelf.

One could add to this list any number of utensils which are really useful, but with this list, a great deal of cooking can be done in a limited space. The list can also be reduced where space is limited, but if carefully arranged, these will not take an undue amount of space and will give good service.

## HOW TO MEASURE

All measures are level. Leveling should be done with the flat side of a knife.

Flour, powdered sugar, and soda should be sifted before they are measured.

When measuring butter, lard, or any other hard fat, pack down in the cup or spoon tightly and level off with a knife.

For a quarter of a spoonful, divide first in half lengthwise and then cut through the center crosswise.

For an eighth of a spoonful, cut the quarter in half lengthwise.

Half spoonfuls should always be cut lengthwise. The bowl of the spoon holds more than the tip end and the lengthwise measurement is more accurate.

## Measurements and Equivalents

3 teaspoonfuls equal one tablespoonful.

16 tablespoonfuls of dry material equal one standard cup.

14 tablespoonfuls of liquid equal one standard cup.

2 cupfuls equal one pint.

1 lb. of cornstarch yields 3 cupfuls and 2 tablespoonfuls.

1 lb. of butter yields 2 cupfuls and 2 tablespoonfuls.

1 lb. rice yields 2 cupfuls.

1 lb. rye flour yields  $3\frac{3}{4}$  cupfuls.

1 lb. unsifted flour yields 4 cupfuls.

1 lb. sugar yields 2 cupfuls.

1 lb. brown sugar yields  $2\frac{3}{4}$  cupfuls.

1 lb. confectioners' sugar yields  $2\frac{3}{4}$  cupfuls.

1 lb. rolled oats yields  $4\frac{3}{4}$  cupfuls.

1 lb. coffee (pulverized) yields 5 cupfuls.

1 lb. chopped meat yields 2 cupfuls.

1 lb. raisins (packed down) yields 2 cupfuls.

1 lb. currants yields  $2\frac{1}{4}$  cupfuls.

1 lb. fine bread crumbs yields 2 cupfuls.

1 lb. eggs (approximate) 9 eggs.

### Time for Cooking Meats and Fish

Beef medium rare .....	10 minutes
Fillet of beef.....	20 to 30 minutes
Mutton leg per pound.....	20 minutes
Stuffed shoulder of mutton, per pound.....	20 minutes
Veal loin, per pound.....	18 to 20 minutes
Veal stuffed, per pound.....	20 to 25 minutes
Pork, loin or shoulder, per pound.....	25 to 35 minutes
Liver, baked, per pound.....	40 to 50 minutes
Corned beef, per pound.....	40 to 60 minutes
Boiled beef, per pound .....	25 to 35 minutes
Ham, per pound (when boiling).....	20 to 25 minutes
Chicken (young) per pound .....	25 to 35 minutes
Turkey, per pound.....	25 to 35 minutes
Duck, per pound .....	40 to 50 minutes
Goose, per pound .....	30 to 40 minutes
Fish, long and not heavy, per pound.....	15 to 20 minutes
Fish, thick slices, per pound.....	20 to 25 minutes

### Time for Broiling

Chickens .....	20 to 30 minutes
Fish, fairly thick .....	20 to 25 minutes
Fish, small, thin.....	15 to 20 minutes
Steak, thin .....	6 to 10 minutes
Steak, about 1 inch.....	8 to 12 minutes

### Time for Baking

Bread puddings .....	1 hour
Rice or tapioca puddings .....	1 hour
Indian puddings .....	2 to 3 hours
Steamed puddings .....	1 to 3 hours
Steamed brown bread .....	$3\frac{1}{2}$ hours
Custards .....	25 minutes to one hour
Pies .....	35 to 45 minutes
Cookies .....	10 to 20 minutes

Gingerbreads .....	20 to 30 minutes
Muffins .....	20 to 25 minutes
Rolls and biscuits .....	15 to 20 minutes
Loaf bread .....	25 to 35 minutes
Plain cakes .....	30 to 40 minutes
Sponge cake .....	45 to 60 minutes
Fruit cake .....	2 to 3 hours
Plum puddings .....	2 to 4 hours

### Cooking Time for Vegetables

Greens, dandelion, etc .....	1 hour
Spinach .....	20 to 25 minutes
Green peas .....	25 to 35 minutes
String beans .....	45 to 60 minutes
Beets (new) .....	25 to 35 minutes
Beets (old) .....	1 to 4 hours
Turnips (new, white or yellow) .....	20 to 35 minutes
Squash (new) .....	15 to 25 minutes
Squash (Hubbard) .....	35 to 45 minutes
Potatoes (boiled) .....	25 to 35 minutes
Potatoes (baked) .....	40 to 60 minutes
Corn .....	20 to 30 minutes
Carrots (new) .....	25 to 35 minutes
Cauliflower .....	35 to 40 minutes
Cabbage (shredded) .....	20 to 45 minutes
Asparagus .....	25 to 35 minutes
Brussels Sprouts .....	25 to 40 minutes
Kohl Rabi .....	35 to 45 minutes
Chard .....	25 to 35 minutes
Celery .....	25 to 45 minutes
Celeriac .....	35 to 50 minutes
Leek .....	20 to 25 minutes
Parsnips .....	25 to 35 minutes
Oysterplant .....	35 to 45 minutes
Okra .....	30 to 35 minutes
Egg Plant .....	30 to 40 minutes
Kale .....	1 hour
Beet Greens .....	1 hour
Sweet Potatoes (boiled or baked) .....	20 to 45 minutes

### Cooking Time for Cereals

Rolled oats 1 cup; water 1 cup .....	30 minutes
Corn Meal 1 cup; water 3½ cups .....	1 hour
Rice 1 cup; water 4 cups .....	35 minutes
Macaroni 1 cup; water 8 cups .....	25 minutes
Farina 1 cup; water 4 cups .....	25 minutes
Whole Wheat Cereal 1 cup; water 4 cups .....	35 minutes

### To Commit to Memory

For pastry, 1 quart flour requires 1¼ cup butter.

For biscuit, 1 quart flour requires 6 tablespoons butter.

For Short cakes, 1 quart flour requires 12 tablespoons butter.

For plain cakes, 1 quart flour requires 1 cup butter.

One to two teaspoons baking powder to one cup flour dependent upon other leavening agents in recipe.

One-fourth teaspoon salt to each cup of flour.

Two to four cups liquid to one quart flour for batters.

One-half teaspoon soda to each cup molasses.

One-half teaspoon soda to each cup sour milk.

Standard Oven Temperatures with thermometers.

Slow 250 to 350 for custards and meringues.

Moderate 350 to 400 for plain cakes and sponge cake.

Hot 400 to 450 for biscuits, bread, cookies, pastry, rolls, pies.

Very Hot 450 to 500 for Tarts, puff pastry, roasts.

### Popular Household Tests

Sprinkle dry flour on the floor of the oven. If it browns in five minutes the temperature is between 350 and 400, and therefore right for plain cakes.

A piece of white paper which browns in five minutes, indicates a moderate oven between 350 and 400.

Hold hand in oven and count. If too hot when you count five the oven is about 450 to 500. If the hand can be held in to count eight the oven is between 400 and 450. If the hand can be held in for ten, the oven is right for plain cakes, and if the hand can be held in to count fifteen the oven is right for meringues.

### TABLE SERVICE

There are four forms of table service, all of which are used in this country.

1. **Russian:** The most formal and elegant service which we have is appropriate for formal luncheons and dinners. No food is on the table, but is served from the pantry, arranged on individual plates or, in suitable dishes, is presented by an attendant to each person, who serves himself. This form of service must not be attempted without a sufficient number of well-trained maids. At least one waitress should be provided for every six or seven persons.

2. **English:** The more hospitable form, with a degree of formality. The food is served from the table by the host and hostess or some other member of the family, the waitress assisting but little except in placing and removing courses. Everything pertaining to each course is removed before the next course is placed.

3. **Compromise:** Combines the Russian and the English. Part of the food is served from the pantry and part from the table; one waitress only is necessary for the average family. Soups, salads, desserts, may be served either from the pantry or by the hostess.

4. **Family:** A modification and adaptation of the English service, is very important in America, especially in the absence of a maid. Two or all of the courses may be placed on the table at the same time. The present tendency is to reduce the number of courses to one or two at breakfast and luncheon and two or three at dinner. The degree of formality depends



upon the hostess. She will find that a serving table or a service cart simplifies her problems, not only for holding dishes and silver but for keeping extra foods, salads and desserts to save trips to the kitchen. Formalities may be dispensed with in clearing the table by removing two plates at once.

If a maid is employed in any of the above services, she should be trained to do her duties quickly, quietly and accurately. In order to accomplish this, the hostess must be clear in her own mind as to the correct steps in the service.

Certain general rules may be observed in the service of meals. For the most part, however, it must be borne in mind that gradually conventional, but not arbitrary rules, have been built up for the serving and partaking of foods. The fundamental principle of these rules is the consideration of others, and the refinement of an individual or group of individuals may be measured by the observance or non-observance of these conventionalities. Never should any move be made by a hostess or waitress which does not have behind it some good reason. Unnecessary formality usually creates an awkward situation. Even the best of authorities differ in the details of service. It is best to decide upon one form (of service) and let *consistency* be the watchword in working out the details of the service.

## COOKING TERMS DEFINED

**Au Gratin**—With browned bread crumbs.

**Aspic**—Savory jelly for cold dishes (meat, etc.)

**Baking**—Cooking in an oven.

**Baste**—To pour either the juices of the main ingredient over it from time to time, or to pour some other liquid over the dish, a little at a time at intervals during the roasting or broiling.

**Bisque**—A shell fish soup. Sometimes applied to ice cream with finely ground nuts.

**Blanch**—To whiten, usually by dipping in hot water.

**Bomb Glacée**—A mound of two kinds of ice cream bomb shaped. Usually made of Sherbet and cream, or water ice and whipped cream filling.

**Bouillon**—A clear broth, usually of beef.

**Bourgeoise**—In family style; plain.

**Braise**—To cook meat in a closely covered stew pan so it retains its own flavor, and that of anything else cooked with the meat.

**Broiling**—To cook over a glowing fire, or directly under a gas flame.

**Consomme**—A very clear strong beef or chicken stock.

**Cream**—To beat thoroughly and make into a smooth, soft creamy mass.

**Croutons**—Bread cut in small shapes toasted or fried, used with soup or for garnishing.

**Demi tasse**—A small after dinner cup of coffee.

**Deville**—Highly seasoned.

**En Brouchette**—Broiled on a small spindle and served that way. Usually applied to chicken livers and bacon broiled together or Sweetbreads and mushrooms.

**Entree**—A carefully prepared dish, served between the principal courses at dinner.

**Fondant**—Boiled sugar worked into a very creamy paste.

**Fondue**—A preparation of melted cheese and egg, or cheese and panada.

**Frappe**—A half frozen ice of a granular texture.

- Fillet**—A small round piece, applied to beef, it is the tenderloin.
- Fricasseeing**—A combination of frying and boiling.
- Fricandeau**—A very rich stew.
- Gateau**—Cake.
- Glaze**—Frozen; iced or glossed over with a glaze.
- Grilled**—Broiled.
- Hoe Cake**—Cakes made of white corn meal, salt and boiling water, made on a griddle.
- Hors-d'oeuvres**—Side dishes, or small piquant dishes served at the beginning of a meal to stimulate the appetite.
- Italienne**—In Italian Style.
- Jardiniere**—Mixed vegetables.
- Julienne**—Cut in long thin slivers. Usually applied to vegetables used for soup garnish. Sometimes applied to the method of preparing string beans.
- Jus**—Gravy or meat juice.
- Kuchen**—German for cake.
- Lait au lait**—With milk.
- Marrons**—Chestnuts.
- Meringue**—Sugar and egg white beaten to a froth.
- Mousee**—Frozen without stirring. Usually a mixture of cream and sweets for a dessert, or a mixture of either meat or fish of some kind.
- Noir**—Black.
- Panada**—Bread and milk cooked to a paste.
- Pan Broil**—Cooking on a fry pan or griddle with no fat.
- Pate de fois gras**—A paste made of fatted geese livers.
- Potage**—Soup.
- Punch**—A water ice with liquor added. Sherbet frozen first with liquor cut in. Now applied to many non-alcoholic drinks.
- Puree**—A soup of meat, fish or vegetables boiled to a pulp, and then put through a fine sieve.
- Ragout**—A rich, brown stew.
- Sauté**—Meats tossed over a fire in a little fat.
- Sherbet**—Water ice with fruit added.
- Sippets**—English for croutons.
- Souffle**—A very light pudding or omelet.
- Timbale**—Pastry baked in a mould; usually filled with a meat or fish mixture.
- Tutti frutti**—Various kinds of fruits mixed together.

## SUGGESTIONS FOR MENU MAKING

### Points on Breakfast Menus

The first meal of the day should be carefully arranged to meet the needs of the individual members of the family. Fruit either cooked or raw is always a welcome beginning for everyone. The next course which in most cases is cereal is varied to suit the seasons of the year. The cold prepared cereals should be reserved for hot weather use. The hot cereals of which there is a wider range are used at least nine months of the year. Oatmeal, and cornmeal are rich in fat, and should therefore not be included in a breakfast where either meat, fish or eggs are served in addition to the cereal. Rice of the wheaten cereals should be used in the breakfast where fat meat is included.

For most people the simple meal of fruit, cereal, toast and a beverage is the most satisfactory. Eggs can sometimes be substituted for the cereal course. For the younger members of the family, the cereal should be served all the year round in addition to fruit and bread and butter.

Except for those doing manual labor, the fruit course and one other, either cereal, eggs or the meat or fish course is enough with bread and butter and a beverage. For the manual laborer the meat course should be added to the cereal course. Hot cakes of various descriptions usually take the place of the bread course, but can be used in place of cereals.

### Luncheon Menus

The luncheon as a rule is a very simple meal and consists of one substantial course, a simple salad and a sweet. A thick soup and crisp salad with a simple dessert, and tea is enough for luncheon. Another combination is the meat fritter and fruit salad and a beverage. Or the omelettes can be used at this meal with a salad and crackers and cheese in place of the dessert. There should be as few courses as possible. The dessert if any is served should be one of the quickly prepared ones. The canned fruits with cookies make good luncheon desserts.

### Dinner Menus

If a soup is used, it should be one of the thin soups. The soup course is used to stimulate the appetite. The heavy soups make the remainder of the meal somewhat of a burden. If the main course is fowl of some kind, the soup should have a beef flavor, and when the main course is beef, the soup should have a different flavor. With the meat course two or more vegetables are served, one of which is usually potato. When a green vegetable is served as a salad, it should be dressed with a simple French dressing. The mayonnaise is too heavy for dinner. The acid fruits are sometimes used in place of one vegetable with pork and fish, but as a rule, the vegetable courses consist of cabbage, celery, beans, peas, the leafy greens like chard, spinach and beet greens. The dessert should be planned to fit the meal. If the meal has been a heavy one, it is a tax on the digestive system to add a heavy dessert. Fruits, ices, simple cake, and tarts, should follow the large meal. When the dessert is of heavy pie, or custard and cream, a simple meal should be planned to accommodate the dessert. With a little planning the housewife can have well balanced meals at no greater expense or effort.

### Hints on Late Supper Dishes

For this extra meal, usually a hearty salad with a rich dressing forms the base of the meal. It is not necessary to serve an extra course at that time. The salad with bread and butter sandwiches and a beverage is ample. If a sweet is served, fresh fruit or bonbons are appropriate. It is never necessary to have more than one course for the late supper party. Here the chafing dish plays a large part, and it is one place where many in the group can join in and help. That is, of course, for the informal party. If the party is a formal one, the fish or meat salad with bread sticks, coffee and a water ice with or without a cake is ample. Bonbons are always acceptable, and should be on the table all through the meal.

## SAMPLE MENUS

## Breakfasts

Orange Juice	Oatmeal, Sugar and Cream	Muffins
Butter	Coffee (Cocoa for Children)	
<hr/>		
Baked Apple with Cream	Farina with Hot Milk and Cream	
Scrambled Eggs	Toast	Butter
		Coffee
<hr/>		
Cooked Prunes	Whole Wheat Cereal	Cream
Crisped Bacon	Toast	Coffee
<hr/>		
Grape Fruit	Grilled Ham and Eggs	
	Toast	Coffee
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Apple Sauce	Griddle Cakes	Sausage
	Rolls	Coffee
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Berries	Cold Cereal	Cream
	Toast	Coffee
<hr/>		
Baked Apple	Cold Cereal	
French Toast	Honey	Coffee

## Luncheons

Thick Vegetable Soup	Bread and Butter	
Lettuce Salad	Cheese Straws	French Dressing
Coffee	Gelatine	Whipped Cream
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Sliced Cold Meat	String Bean Salad	French Dressing
Hot Biscuit	Butter	Tea
	Mixed Fruits with Whipped Cream	
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Oyster Stew	Crisp Crackers	
Fruit	Tart or Pie	Coffee
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Lobster Salad	Rolls	
Strawberries	Wafers	Tea
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Cheese Souffle	French Potato Salad	
Bread and Butter	Lemon Pudding	Coffee
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Lamb Croquettes	Rolls and Butter	
Gingerbread	Cream	Coffee
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Fish Fritters	Black Butter	
Bread	Butter	Sliced Oranges
		Tea



## Dinners

Clear Tomato Soup	Baked Fish	Hollandaise Sauce
Scalloped Potato	Green Peas	Cold Slaw
Lemon Pudding	Demi Tasse	
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Consomme	Croutons	
Broiled Beef Steak	Baked Potato	French Peas
Celery and Apple Salad	French Dressing	
Layer Cake	Coffee	
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Chicken Soup with Noodles	Roast Beef	Browned Potato
Glazed Onion	Lettuce and Tomato Salad	French Dressing
Lemon Meringue Pie	Demi Tasse	
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Cold Fruit Soup	Roast Chicken	Peas
Potato Chips	Endive Salad	Crackers
	Coffee	Bonbons
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Corn Chowder	Lamb Chops	
Spinach	Buttered Carrots	Lettuce Salad
Russian Dressing	Coffee Mousse	Wafers
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Clear White Soup	Roast Duck	Apple Sauce
Browned Potato	Brussels Sprouts	Dressed Lettuce
Fruit Ice	Small Cakes	Demi Tasse
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Tomato and Rice Soup	Sauerbraten	Boiled Potato with Parsley
String Beans	Orange and Grape Fruit Salad	
French Dressing	Cottage Pudding	Strawberry Sauce
		Coffee

## Suppers

Lobster Salad	Bread Sticks	Coffee	Nuts	Fruit
<hr/>				
Creamed Shrimp made in Chafing Dish			Toast	
Dressed Lettuce		Coffee	Bonbons	
<hr/>				
Scalloped Oysters	Toast	Endive French Dressing		
	Coffee	Wafers		
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Fruit Salad	Whipped Cream Dressing			
Coffee	Cheese	Wafers		
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Jellied Chicken	Mixed Vegetable Salad		French Dressing	
	Coffee	Cookies		
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Cold Sliced Tongue		Cucumber Salad		
Crackers	Cheese	Fruit	Coffee	
<hr/>				
Kedgerree	Wafers	Coffee	Small Cakes	

## HOLIDAY DINNERS

## Thanksgiving Dinner

	Okra Soup	Crisp Bread Sticks	Celery
Olives	Salted Nuts	Roast Turkey	Cranberry Jelly
	Mashed Potato	Squash	Dressed Lettuce
Crackers	Cheese	Mince or Pumpkin Pie	Demi Tasse
	Nuts	Raisins	Bonbons

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## Christmas Dinner

	Consomme	Quenelles	Roast Duck
	Apple Dressing	Olives	Radishes Celery
	Candied Sweet Potato	Sprouts	Mashed Turnip Lettuce
Cheese Dressing	Bread Sticks	Plum Pudding	Hard Sauce
Demi Tasse	Assorted Cakes	Bonbons	Nuts

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## Easter Dinner

	Casaba Melon	Royal Soup	Chicken Quenelles
Creamed Sweetbreads	Roast Duckling	Baked Apple	Potato Balls
Parsley Sauce	Swiss Chard	Green Peas	New Carrots
Romaine Salad	Gold Cake	Custard Ice Cream	

## CHAPTER II

### YEAST MIXTURES

**G**OOD bread makers have always prided themselves on their art. A good loaf of bread was proof of a good housewife. No one thought of eating other than home made bread. Now, however, for the most part, bread making has been taken out of the home and has been usurped by the large commercial bakeries.

To some people, home made bread makes a special appeal. The woman who does her own baking is always glad to have a new recipe. Time is necessary to make good bread. The period for rising may be decreased by additional yeast, but there is a limit beyond which yeast can be added and the desirable flavor and texture of the bread retained.

Those who make the yeast breads will welcome simple but delicious combinations which are but slight variations from plain bread recipes. Hot rolls, griddle cakes, and doughnuts are examples of these variations—their foundation recipes are very nearly the same.

With the foundation recipe, a cook has a field limited only by her own imagination. She must handle her dough well, the flavoring and decoration of her fancy cakes are secondary matters. Too much icing spoils dainty cakes. A simple vanilla icing, spread very thin, is sufficient for most of them.

To those inexperienced in the making of yeast breads it may be well to say a word of caution concerning the preparation of the mixture. The yeast is composed of living cells. These will grow when given food and placed in a warm moist medium. Never must the water be *hot* which is poured over the yeast, for they will be killed at once.

During the rising period, the sponge and dough must be kept warm. If the mixture is kept in a cool, draughty place the yeast cells will fail to grow properly and the bread will be heavy and sodden. On the other hand, if the bread is kept at too high a temperature, it will rise too rapidly and the result will be a product coarse and dry, when baked.

There are two kinds of yeast on the market at the present time. One is the dry yeast which may be kept over a period of time and which requires a much longer period in the making of bread. The other is the compressed yeast. This yeast must be kept cool before

using, for it soon loses power to leaven. The latter is the kind most generally used throughout this country, at the present time, and is the kind referred to in each of the bread recipes which follow in this chapter.

### White Bread (Quick Method)

2 cakes yeast	2 tablespoons lard or melted but-
1 quart lukewarm water	ter
2 tablespoons sugar	3 quarts sifted flour
1 tablespoon salt	

The best bread makers use quick methods. One cake of yeast will suffice, but two cakes produce quicker, stronger fermentation and better bread. Dissolve yeast and sugar in lukewarm water, add lard or butter, and one-half the flour. Beat until smooth, then add the salt and balance of the flour, or enough to make dough of consistency to be handled. Knead until smooth and elastic, or "throw and roll." Place in greased bowl, cover and set aside in a moderately warm place, free from draught, until light—about one and one-half hours. Knead again and mould into loaves. Place in well greased bread pans, filling them one-half full. Cover and let rise one hour, or until double in bulk. Bake forty-five to sixty minutes in moderately hot oven. If a richer loaf is desired, use milk in place of part or all of the water. This recipe makes three large loaves.

### White Bread (Sponge Method)

1 cake yeast	About 3 quarts sifted flour
1 quart lukewarm water	2 tablespoons lard or butter,
2 tablespoons sugar	melted
1 tablespoon salt	

The sponge dough method given herewith requires from five and one-half to six hours. If followed closely, it will give excellent bread having a delightful "keep fresh" quality. Where a richer loaf is desired milk may be substituted in whole or part for the water. Dissolve the yeast and sugar in one quart of the lukewarm water, and add one and one-half quarts of sifted flour, or sufficient to make a sponge. Beat well. Cover and set aside to rise for about one and one-half hours in a warm place. When risen add the pint of lukewarm water, lard or butter, the remainder of the flour, or enough to make a moderately firm dough, and the salt. Knead thoroughly; place in greased bowl. Cover and let rise from one and one-half to two hours. When light, mould into loaves and place in well greased baking pans, cover and let rise again for about one hour. When light, bake forty-five to sixty minutes in a moderately hot oven, reducing the heat of oven after first ten minutes. This recipe makes four large loaves.



**Cocoa Bread**

1 cake yeast	$\frac{1}{2}$ cup sugar
2 cups milk, scalded and cooled	$\frac{1}{2}$ cup cocoa
1 tablespoon sugar	$\frac{1}{4}$ cup butter
$5\frac{1}{2}$ cups sifted flour	2 eggs
$\frac{1}{2}$ teaspoon salt	

Cocoa bread is a delightful change from other types of bread. Nuts and fruit may be added for greater richness. Attractive buns can also be made from this dough mixture and decorated with chocolate frosting. For particularly delicious sandwiches try cocoa bread. Dissolve yeast and one tablespoon sugar in lukewarm milk; add three cups of flour and beat until smooth. Cover and set aside to rise in warm place until light—about one and one-half hours, then add butter and sugar creamed, eggs well beaten, cocoa, remainder of flour, or enough to make soft dough, and salt. Knead lightly, place in greased bowl. Cover and set aside in warm place, free from draught, until double in bulk—about two hours. Mould into loaves; place in well greased bread pans, filling them one-half full. Cover and let rise again until light—about one hour. Bake in a moderate oven forty to forty-five minutes. This recipe makes two loaves.

**Rye Bread**

1 cake yeast	$1\frac{1}{2}$ cups sifted white flour
1 cup milk, scalded and cooled	1 tablespoon lard or butter,
2 cups lukewarm water	melted
5 cups rye flour	1 tablespoon salt

Dissolve yeast in lukewarm liquid, add two and one-half cups rye flour, or enough to make sponge. Beat well. Cover and set aside in a warm place, free from draught, to rise about two hours. When light, add white flour, lard or butter, remainder of rye flour, or enough to make a soft dough and the salt. Turn on a board and knead five minutes. Place in greased bowl, cover and let rise until double in bulk—about two hours. Turn on board and shape into long loaves. Place in shallow pans, cover and let rise again until light—about one hour. Brush with white of egg and water, to glaze. With sharp knife cut lightly three strokes diagonally across top, and place in oven. Bake in a cooler oven than white bread. One tablespoon caraway seed may be used if desired. This recipe makes two loaves. Rye bread requires about forty minutes to bake.

**Graham or Whole Wheat Bread**

1 cake yeast	2 tablespoons lard or butter,
1 cup milk, scalded and cooled	melted
4 tablespoons light brown sugar	4 cups Graham flour
or molasses	1 cup sifted white flour
1 cup lukewarm water	1 teaspoon salt

This recipe gives bread of excellent flavor and richness. Dissolve yeast and sugar, or molasses, in lukewarm liquid. Add lard or butter, then flour gradually, enough to make a dough that can be handled, and the salt. Knead thoroughly, or "throw and roll," being sure to keep dough soft. Cover and set aside in a warm place to rise about two hours. When double in bulk, turn out on kneading board, mould into loaves, and place in well greased pans, cover and set to rise again—about one hour, or until light. Bake one hour, in a slower oven than for white bread. This recipe makes two loaves.

### Bran Bread

2 cakes yeast	7 cups flour
2 cups milk, scalded and cooled	5 cups bran
1 cup lukewarm water	4 tablespoons lard or butter
$\frac{1}{2}$ cup molasses	2 teaspoons salt

One cup of raisins imparts richness and affords a pleasant change

Dissolve the yeast in the lukewarm liquid. Add molasses and four cups sifted flour. Beat well. Then add the bran, lard or butter, balance of flour, or enough to make a dough that can be handled, and salt. Knead well, cover, let rise until double in bulk—about two hours. Divide into three loaves. Place in well greased pans. Cover and let rise about forty-five minutes or until double in bulk. Bake forty-five minutes in a moderate oven.

### Gluten Bread

1 cake yeast	1 tablespoon lard or butter,
1 cup milk, scalded and cooled	melted
1 cup lukewarm water	3 cups gluten flour
1 tablespoon sugar	1 teaspoon salt

Dissolve yeast and sugar in lukewarm liquid. Add lard or butter, then flour gradually, and salt. Knead thoroughly until smooth and elastic. Place in well greased bowl. Cover and set aside in a warm place, free from draught to rise until light—about two hours. Mould into loaves, place in greased pans one-half full, cover, let rise again for one hour. Bake in moderate oven forty-five minutes. (Two one-pound loaves.)

### Raisin Bread

1 cake yeast	6 cups sifted flour
1 cup lukewarm water	4 tablespoons lard or butter
1 cup milk, scalded and cooled	$\frac{3}{4}$ cup sugar
1 tablespoon sugar	1 cup raisins
1 teaspoon salt	

Dissolve yeast and one tablespoon sugar in lukewarm liquid, add two cups flour, lard or butter and sugar well creamed, and beat until

smooth. Cover and set aside to rise in warm place, free from draught, until light—about one and one-half hours. When light, add raisins well floured, remainder of flour, or enough to make a moderately soft dough, and salt. Knead lightly. Place in a well greased bowl, cover and let rise again until double in bulk, about one and one-half hours. Mould into loaves, fill well greased pans one-half full, cover and let rise until light—about one hour. Glaze with egg diluted with water, and bake forty-five minutes in a hot oven.

### Nut Bread

1 cake yeast	$\frac{1}{2}$ cup sugar
1 cup milk, scalded and cooled	2 tablespoons lard or butter
1 tablespoon sugar	White of 1 egg
3 cups sifted flour	$\frac{1}{2}$ cup chopped walnuts
$\frac{1}{2}$ teaspoon salt	

Dissolve yeast and one tablespoon sugar in lukewarm milk, add one and one-fourth cups flour and beat thoroughly. Cover and set aside in warm place fifty minutes, or until light. Add sugar and lard or butter, creamed, white of egg beaten stiff, nuts, remainder flour, or enough to make a dough, and salt. Knead well; place in greased bowl. Cover and set aside for about two and one-half hours to rise, or until double in bulk. Mould into a loaf, or small bread sticks and place in well greased pans. Protect from draught and let rise again until light—about one hour. Loaf should bake forty-five to sixty minutes; bread sticks ten minutes, in hot oven.

### Bread Biscuits

2 cups bread sponge	2 tablespoons sugar
2 tablespoons shortening	Flour

Add enough flour to make a soft dough so as to handle. Grease and cover and let rise until double in bulk. Toss on board and cut with cooky cutter or shape into balls handling just as little as possible. Let rise about ten or fifteen minutes and bake in a hot oven for about fifteen or twenty minutes.

### Graham Bread

1 cake yeast	1 teaspoon salt
2 cups scalded milk	2 cups Graham flour
2 tablespoons brown sugar	2 cups flour

Put the sugar into mixing bowl and add scalded milk. When lukewarm add the yeast dissolved in one-fourth cup lukewarm water; make a batter with the flour and meal, beating vigorously. Let it rise until spongy; add the salt and more meal gradually until it is as thick

as can be worked with a stiff knife. Place in greased pans, cover and let rise. In baking it should be set in a quick (hot) oven, the heat reduced in ten minutes. This rule is good, baked as muffins. Bake thirty-five minutes.

### Hot Cross Buns

2 cakes yeast	$\frac{1}{2}$ cup butter
2 cups milk, scalded and cooled	$\frac{3}{4}$ cup sugar
2 tablespoons sugar	2 eggs
$7\frac{1}{2}$ cups sifted flour	$\frac{1}{2}$ cup raisins or currants
	$\frac{1}{2}$ teaspoon salt

Dissolve yeast and two tablespoons sugar in lukewarm milk. Add three and one-fourth cups flour to make sponge. Beat until smooth, cover and let rise until light, in warm place, free from draught, about one hour. Add butter and sugar creamed, eggs well beaten, raisins or currants, which have been floured, remainder of flour, or enough to make a moderately soft dough, and salt. Turn on board, knead lightly, place in greased bowl. Cover and set aside in warm place, until double in bulk, which should be in about two hours. Shape with hand into medium sized, round buns, place in well greased shallow pans about two inches apart. Cover and let rise again, about one hour, or until light. Glaze with egg diluted with water, and with sharp knife cut a cross on top of each. Bake twenty minutes in hot oven. Just before removing from oven, brush with sugar moistened with water. While hot, fill cross with plain frosting.

### English Bath Buns

2 cakes yeast	4 eggs
$\frac{1}{2}$ cup milk, scalded and cooled	4 cups sifted flour
1 tablespoon sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup butter, melted	5 tablespoons sugar

Dissolve yeast and one tablespoon sugar in lukewarm milk. Add butter, eggs unbeaten, flour gradually, and the salt, beating thoroughly. This mixture should be thick, but not stiff enough to handle. Cover and let rise in warm place one and one-half hours, or until light. Sprinkle balance of sugar over top, mix very lightly and drop into well greased muffin pans. Cover and let rise until light, which should be in about one-half hour. Bake fifteen to twenty minutes in a moderately hot oven. These buns should be rough in appearance.

### Currant Buns

1 cake yeast	$\frac{1}{2}$ cup butter
2 cups milk, scalded and cooled	1 cup sugar
1 tablespoon sugar	1 egg
6 cups sifted flour	1 cup currants
	$\frac{1}{2}$ teaspoon salt



Dissolve yeast and one tablespoon sugar in lukewarm milk, and add to it three cups flour to make an ordinary sponge. Beat well. Cover and set aside in a warm place to rise, for about an hour. When light, add to it butter and sugar creamed, egg well beaten, currants, which have previously been floured, and remainder flour, or sufficient to make a moderately soft dough, and salt with last of flour. Knead lightly. Place in greased bowl, cover and set aside in a warm place, free from draught, to rise for about two to two and one-half hours. When well risen, turn out on a kneading board and mould into rolls. Place in well greased pans, cover and let rise again for about one hour, or until double in bulk. Brush with egg diluted with milk. Bake in a hot oven for about fifteen to twenty minutes. Upon removing from oven dip in powdered sugar.

### Sweet French Buns

1 cake yeast	$\frac{1}{2}$ cup sugar
1 cup milk, scalded and cooled	3 tablespoons butter
$\frac{1}{2}$ cup lukewarm water	1 egg
1 tablespoon sugar	$\frac{1}{2}$ teaspoon lemon extract
4 cups sifted flour	1 teaspoon salt

Dissolve yeast and 1 tablespoon sugar in lukewarm liquid. Add enough flour to make ordinary sponge, about one and one-half cups. Beat until perfectly smooth. Cover and set aside in a warm place to rise for fifty minutes, or until light. Add sugar and butter creamed, egg beaten, lemon extract and about two and one-half cups of flour, or enough to make a moderately soft dough, and the salt with the last of the flour. Knead until smooth and elastic. Place in greased bowl, cover and set aside in a warm place to rise until double in bulk—about one hour. Turn out on board and shape as cloverleaf rolls. Let rise until light, about one hour. Bake in hot oven fifteen minutes.

### Swedish Tea Ring

2 cakes yeast	7 cups sifted flour
1 cup milk, scalded and cooled	6 tablespoons lard or butter
1 cup lukewarm water	$\frac{1}{2}$ cup sugar
1 tablespoon sugar	3 eggs
	$\frac{1}{2}$ teaspoon salt

Dissolve yeast and one tablespoon sugar in lukewarm liquid. Add three cups flour and beat until smooth. Add lard, or butter and sugar, thoroughly creamed, and eggs beaten until light, remainder flour gradually, or enough to make a moderately soft dough, and salt. Turn on board, knead lightly. Place in greased bowl. Cover and set aside in a warm place to rise, for about two hours. Roll out in oblong pieces one-fourth inch thick. Brush with melted butter. Sprinkle

with brown sugar, currants and cinnamon. Roll up lengthwise and place in a circle on a large, shallow greased pan or baking sheet. With scissors cut three-quarter-inch thick slices, almost through. Turn each slice partly on its side, pointing away from center. This gives effect of a many-pointed star, and shows different layers with filling. Cover and let rise one hour, or until light, and bake in hot oven twenty-five minutes. Just before putting in oven, glaze with egg, diluted with milk. Ice while hot with plain frosting.

### Buns and Rusks

2 yeast cakes in $\frac{1}{2}$ cup water	$\frac{1}{2}$ cup sugar
2 cups scalded milk	$\frac{1}{2}$ cup riced potato
$\frac{1}{2}$ cup butter and lard mixed	3 eggs
6 cups flour	

Place sugar, butter, salt and potato in a mixing bowl, add scalded milk and mix well. When lukewarm add dissolved yeast cake and four cups flour, beat lightly into a batter; add eggs well beaten, add flour enough to make a stiff dough. Turn onto moulding board well dusted with flour, knead until smooth and elastic to touch. Return to mixing bowl and let rise, when full of bubbles, cut down and when light again shape one-half dough into small balls; place close together in a greased pan, let rise slowly at first and when very light brush over with a syrup made of one tablespoon cream and one of sugar, boiled together one minute. Currants or raisins may be added or one teaspoon cinnamon. Bake from twenty to twenty-five minutes in a hot oven.

### Potato Drop Biscuit

1 cake yeast	1 quart flour
1 pint milk	1 quart mashed potatoes
1 tablespoon sugar	$\frac{1}{2}$ teaspoon salt
1 egg	Butter size of an egg

Bake and mash six large potatoes, enough to make one quart, place in bowl, add salt, sugar and butter. Take a cup milk, heat till lukewarm, dissolve yeast cake in it, and add enough flour to make a sponge—about one cup. Set sponge aside in warm place, free from draught, to rise. Bring balance milk to boiling point and then add it to bowl containing potatoes, salt, sugar and butter. When sponge has risen and dropped back, add it to bowl containing other materials, also add egg well beaten, remainder of flour and mix all together thoroughly. Let rise in a warm place. Butter a baking sheet and drop mixture from tablespoon, as it should not be handled. Let rise again and bake from fifteen to twenty minutes in a hot oven.

**Risen Dough Sally Lunn**

1 cake yeast	4 tablespoons butter, melted
2 cups milk, scalded and cooled	4 cups sifted flour
1 tablespoon sugar	2 eggs
1 teaspoon salt	

Dissolve yeast and sugar in lukewarm milk. Add butter, then flour, eggs well beaten, and the salt. Beat until perfectly smooth. Pour into well-greased pans. Cover and let rise in a warm place, free from draught, until double in bulk, about one and one-half hours. Sprinkle one tablespoon granulated sugar over top and bake twenty minutes in hot oven. This recipe will fill two eight-inch pans.

Sally Lunn should be broken apart with fork; never cut with a knife.

**Parker House Rolls and Finger Rolls**

1 cake yeast	4 to 6 tablespoons solid shorten-
2 tablespoons sugar	ing, melted
About 3 pints sifted flour	1 pint milk, scalded and cooled
1 teaspoon salt	

Dissolve yeast and sugar in lukewarm milk; add lard or butter and one and one-half pints flour. Beat until perfectly smooth. Cover and let rise in a warm place one hour, then add remainder of flour or enough to make a soft dough and salt. Knead for five minutes. Place in greased bowl; cover and let rise in warm place for one and one-half hours or until double in bulk. Roll out one-quarter-inch thick. Brush over lightly with melted butter; cut with two-inch biscuit cutter, crease through center heavily with dull edge of knife and fold over. Place in well-greased pans, one inch apart. Cover and let rise until light, about forty-five minutes. Bake fifteen to twenty minutes in a hot oven.

Cut in lengthwise pieces for finger rolls and proceed same as in Parker House Rolls.

**Vienna Roll Mixture**

1 yeast cake	6 cups flour
2 cups scalded milk	$\frac{1}{4}$ cup melted shortening
2 tablespoons sugar	1 teaspoon salt
1 egg	

When the milk is lukewarm add yeast cake dissolved in one-half cup lukewarm water and three cups of flour; beat the mixture between five and ten minutes until very smooth and light; cover, set aside in a temperature of 84 degrees F. When light and puffy add the egg well beaten, melted shortening, salt and sugar and work in slowly three cups of flour. Turn onto moulding board, using the remainder of flour as needed, and knead for fifteen to twenty minutes or until

the dough ceases to stick and is smooth and elastic to touch. Cover and set aside until double in bulk.

### French Twists

When the Vienna Roll mixture is light, turn the dough onto the moulding board, roll it out into rectangular sheet less than one-fourth inch thick, cut this into strips seven inches wide; cut the strips into squares and the squares diagonally into halves. This will form pieces the shape of a triangle. Roll from the side opposite the point of triangle so the point comes below, and bring the end of the roll together, shaping like a horseshoe. Place on buttered baking sheet some distance apart. Let stand until light. Bake in a hot oven fifteen minutes; glaze with white of egg.

### Crumpets

$\frac{1}{2}$ cake yeast	$\frac{1}{2}$ teaspoon salt
2 cups scalded milk	3 tablespoons melted butter
1 teaspoon sugar	3 cups flour

Put in mixing bowl sugar, salt and butter, add scalded milk. When lukewarm add the yeast cake. When yeast is thoroughly dissolved add the flour slowly, beating constantly. Let the sponge stand in a warm place from two to four hours or until light. Bake in greased muffin rings on a hot griddle or in patty tins in the oven. In either case fill the pans only one-half full.

### Salad Rolls or Tea Biscuits

$\frac{1}{2}$ cake yeast	$\frac{1}{2}$ teaspoon salt
1 cup milk	$\frac{1}{2}$ cup melted butter
1 tablespoon sugar	3 cups sifted flour
1 egg white, beaten	

Scald the milk; when lukewarm add the yeast dissolved in one-fourth cup lukewarm water and half the flour. Stir and beat the mixture until very smooth, cover and let stand at temperature of 84 degrees F. until light; add the beaten egg white, sugar, salt and melted butter; work in slowly balance of flour, turn the dough onto a moulding board, knead until smooth and elastic to the touch; cover and let rise to double the bulk, pull off bits of dough, fold and knead them into balls. As they are shaped, set them on board lightly dredged with flour, cover closely and let rise. With handle of wooden spoon bring down nearly through center each ball as though to divide it, brush with melted butter cleft sides and press roll together. Place rolls on buttered pan, brush outside of each roll with butter, let rise. Bake for twenty minutes in a hot oven. When nearly baked glaze with white of egg.



**Tea Biscuits with Potato**

$\frac{1}{2}$ cake yeast	1 teaspoon salt
1 cup scalded milk	$\frac{1}{2}$ cup hot riced potato
1 teaspoon sugar	1 egg white, slightly beaten
$\frac{1}{4}$ cup butter	4 cups flour

If set at 10 A. M., it will be ready to shape and bake for tea. Beat together potato, butter, sugar and salt. When the milk is lukewarm add the yeast cake dissolved in one-half cup water. When yeast is dissolved combine with potato mixture. Add part of the flour slowly, beating constantly, then the white of egg, then more flour until stiff enough to knead. Knead until smooth, return to mixing bowl and let rise; cut the sponge down, let rise the second time, shape into small biscuits, let rise to double the bulk. Bake in a quick oven fifteen minutes. These are excellent to use for croustades.

**Fruit Bread**

1 cake yeast	1 teaspoon salt
1 pint water or milk	3 pints flour
2 tablespoons sugar	$1\frac{1}{2}$ cups seeded raisins mixed
2 tablespoons lard	with the flour

Dissolve the yeast in the water or milk, add the salt, sugar and lard. Mix in the sifted flour and raisins. Currants or nut meats may be used if desired. Have the temperature when mixed 82 to 84 degrees F. Allow the dough to rise until very light. Divide into two large loaves or three small loaves. Mould and place in pans. Allow to rise to the top of the pans. Bake in a moderate oven thirty-five minutes.

**Lancashire Tea Cakes**

$5\frac{1}{2}$ cups flour	$\frac{1}{2}$ lb. currants
$\frac{1}{2}$ cup butter	2 ozs. candied lemon
2 cups milk	2 eggs
1 yeast cake in $\frac{1}{4}$ cup water	2 tablespoons sugar

A little grated nutmeg

Put the sugar and currants with the flour; melt the butter in the milk which must be scalded, and when cool enough mix with the well beaten eggs and yeast. Add the dry ingredients, beating all well and set away to rise. When light, put in cake pans to rise again to double its bulk. Bake in a moderately hot oven twenty minutes. These are delicious when fresh, and equally good split and toasted the second day.

**"Rye 'n Injin"**

1 cake yeast	3 cups rye meal, sifted
4 cups scalded milk	2 tablespoons molasses
1 cup corn meal	1 teaspoon salt

Scald the corn meal with the milk, let it cook for fifteen minutes; add the molasses and salt and let it cool. When lukewarm add the yeast dissolved in two tablespoons lukewarm water, and beat the batter thoroughly. Mix in the rye meal. Put into an iron or steel pan, bake in a moderate oven for 2 hours, cover closely if there is danger of browning.

### Hungarian Tea Bread

1 cake yeast	1½ cups raisins
1½ cups scalded milk	2 eggs
¼ cup sugar	½ cup butter
4½ cups flour	1 teaspoon salt
Cinnamon to taste	

Dissolve yeast in scalded milk that has been cooled to lukewarm; add one and one-half cups flour and mix until smooth; let stand until light and puffy. Add eggs, sugar, raisins, salt, remainder of flour and cinnamon. Mix to a stiff dough and knead thoroughly. Let stand until double in volume. Divide into two equal parts for loaves; cut each loaf into three equal parts; roll the parts into strips about twelve inches long and tapering to a point at each end; press ends together and braid. Place on buttered baking sheets, cover and allow to stand until light. Bake from one-half to three-fourths of an hour. When cool, ice with an icing made by mixing a few drops of hot water with powdered sugar, flavor with vanilla.

### Raised Doughnuts

2 cakes yeast	3 eggs
1 pint milk	½ cup butter
½ cup sugar	2 teaspoons salt
Flour	

Add yeast, milk, sugar. Let stand ten or fifteen minutes. Add two cups flour, beat well—add fat—beat well—add lightly beaten eggs. Add enough flour so as to be able to roll the dough. Let stand until double in bulk—roll on kneading board until one-half-inch thick—cut with cutter—place a prune in the middle of each and moisten edges with water—place two molds together—let stand until light. Fry in deep hot fat.

### New Hampshire Doughnuts

1 cake yeast	½ cup sugar
1½ cups milk, scalded and cooled	3 tablespoons butter
1 tablespoon sugar	¼ teaspoon mace
4½ cups sifted flour	1 egg
¼ teaspoon salt	

Dissolve yeast and one tablespoon sugar in lukewarm liquid, add one and one-half cups of flour and beat well. Cover and set aside to

rise in warm place for about one hour or until bubbles burst on top. Add to this the butter and sugar creamed, mace, egg well beaten, the remainder of the flour to make a moderately soft dough, and the salt. Knead lightly. Place in well-greased bowl. Cover and allow to rise again in warm place for about one and one-half hours. When light, turn on floured board, roll to about one-third inch in thickness. Cut with small doughnut cutter, cover and let rise again, in warm place until light, about forty-five minutes. Drop into deep hot fat with side uppermost which has been next to board. When the fat is hot enough to brown a one-inch cube of bread in forty seconds the temperature is correct. Fry to a golden brown, drain, cool, and sprinkle with powdered sugar.

### Company Coffee Cake

1½ cakes yeast	3 eggs
1 cup milk, scalded and cooled	1 cup sugar
1 tablespoon sugar	½ teaspoon mace
3 cups sifted flour	1½ cups mixed fruit, citron, raisins, currants in equal parts
½ cup butter	
¼ teaspoon salt	

Dissolve yeast and one tablespoon sugar in the lukewarm milk, add one and one-half cups of flour. Beat well. Cover and set aside in a warm place to rise one hour, or until light. Add to this the butter and sugar creamed, the mace, the fruit which has been floured, the balance of the flour, or enough to make a good cake batter, the salt, and eggs well beaten. Beat for ten minutes. Pour into well-buttered molds, filling them about one-half full, cover and let rise until molds are nearly full, then bake in a moderate oven. If made into two cakes, they should bake forty-five minutes; one large cake should bake an hour.

### Raised Coffee Cake

To a quart of lukewarm milk use one yeast cake, flour enough to make stiff sponge (sifting flour twice before using), knead until batter shows large bubbles. Mix in evening; next morning knead again; put dough about three-fourths-inch high in tins, let rise till twice this size, glaze with melted butter, and sprinkle with cinnamon and sugar over top (or chopped almonds instead of cinnamon). Bake in medium hot oven twenty-five minutes.

### Cinnamon Rolls

Roll coffee bread dough to one-fourth-inch thickness and cover with: a mixture of one cup sugar, one teaspoon cinnamon, one-half cup raisins, one-half cup nuts. Roll and cut in one-half-inch pieces, place

on greased pan. Let rise for fifteen minutes and bake in a hot oven about fifteen or twenty minutes.

### Coffee Bread

1 cake yeast	$\frac{1}{2}$ cup butter, melted
$\frac{1}{2}$ cup lukewarm water	1 egg
2 cups milk, scalded and cooled	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup citron cut fine	$\frac{1}{2}$ cup almonds, chopped
3 cups sifted flour	

To beaten egg add sugar and butter creamed. Beat until light. Add milk which has been scalded and cooled, stir well, then add yeast which has been previously dissolved in lukewarm water, and two cups of sifted flour, to make a thin batter. Beat until smooth, cover and let rise until light—about one hour. Add almonds, citron and raisins well floured, the remainder of the flour, or enough to make a soft dough, and lastly, the salt. Knead well. Cover and set aside in warm place, free from draught, to rise until double in bulk—about one and one-half hours. Divide into three parts. Make three braids, place in well-greased pan, one on top of the other. Let rise thirty minutes. Brush with egg diluted with water. Bake in moderate oven forty-five minutes. While hot, ice with plain frosting.

### French Savarins

1 cake yeast	$\frac{3}{4}$ cup almonds, blanched and shredded
$\frac{1}{2}$ cup milk, scalded and cooled	$\frac{1}{2}$ cup butter, melted
2 tablespoons sugar	4 eggs
2 cups sifted flour	$\frac{1}{4}$ teaspoon salt

Dissolve yeast and sugar in lukewarm milk. Add one-half cup flour. Beat well. Cover and set aside in warm place, free from draught, for fifteen minutes. Then add rest of flour, almonds, butter, eggs unbeaten, one at a time, and the salt. Beat ten minutes. Pour into small well-buttered moulds, cover and set aside to rise in warm place free from draught, until double in bulk, about forty-five minutes. Bake fifteen minutes in moderate oven. Fill center with whipped cream and serve with a hot fruit sauce.

### Brioche

1 cake yeast	4 cups sifted flour
$\frac{1}{2}$ cup milk, scalded and cooled	1 cup butter
2 tablespoons sugar	8 eggs
1 teaspoon salt	

Dissolve yeast and one tablespoon sugar in lukewarm milk, add one cup flour to make sponge. Beat well. Cover and set to rise in warm



place until light, about three-fourths hour. To remainder of flour add one tablespoon sugar, butter softened, four eggs and salt. Beat all in well. Add sponge and beat again thoroughly, then other four eggs unbeaten one at a time, beating thoroughly. Cover and let rise until light—about four hours—and beat again. Chill in refrigerator over night. In morning shape by rolling under hand into long strips three-quarter-inch thick, bring ends together and twist like a rope. Form into rings, place on well-buttered pans to rise. When double in size, glaze with white of egg diluted with water. Bake in a moderately hot oven fifteen minutes. Ice while hot, with plain frosting. Spread with thinly sliced, blanched almonds.

### Old Fashioned Cinnamon Cake

1 cake yeast	$\frac{1}{2}$ cup light brown sugar
$\frac{1}{2}$ cup milk, scalded and cooled	2 tablespoons butter
1 tablespoon sugar	1 egg
2 cups sifted flour	$\frac{1}{4}$ teaspoon salt

Dissolve yeast and one tablespoon sugar in the lukewarm milk. Add three-fourths cup flour to make sponge. Beat well, cover and let rise forty-five minutes in a moderately warm place. Add butter and sugar, creamed, egg well beaten, about one and one-fourth cups flour, or sufficient to make a soft dough, and the salt. Knead lightly, place in a greased bowl. Cover and let rise in a warm place about two hours, or until double in bulk. Roll one-half inch thick and place in well-greased pan and let rise until light—about an hour and a half. Cut across top with sharp knife, brush with egg, sprinkle liberally with sugar and cinnamon. Bake twenty minutes in a moderately hot oven.

### Apple Coffee Cake

1 $\frac{1}{2}$ cakes yeast	$\frac{1}{4}$ cup butter
1 cup milk, scalded and cooled	$\frac{1}{2}$ cup sugar
1 tablespoon sugar	2 eggs
3 $\frac{1}{2}$ cups sifted flour	$\frac{1}{4}$ teaspoon salt

5 apples

Dissolve yeast and one tablespoon sugar in lukewarm milk, add one and one-half cups flour to make a sponge and beat until smooth. Cover and set aside in warm place until light—about three-fourths of an hour. Have sugar and butter well creamed, add to sponge. Then add eggs well beaten, rest of flour or enough to make a soft dough, and salt. Knead lightly. Place in well-greased bowl. Cover and set aside to rise, about two hours. Roll one-half inch thick. Place in two well-greased, shallow pans. Brush with butter, sprinkle with sugar. Cut apples in eighths and press into dough, sharp edge downwards,

sprinkle with cinnamon. Cover and let rise about one-half hour. Bake twenty minutes. Keep covered with pan for first ten minutes in order that the apples may be thoroughly cooked.

### Brown Muffins

$\frac{1}{4}$ yeast cake	2 cups rye meal
1 cup corn meal	$\frac{1}{4}$ cup molasses
$\frac{1}{2}$ teaspoon salt	

Dissolve the yeast cake in a little lukewarm water. Add enough more to make a soft dough. Let rise over night. In the morning add one-fourth teaspoon of soda dissolved in as little warm water as possible. Half fill well-greased muffin pans, let stand until light, bake in a moderate oven twenty minutes.

### Cheese Muffins

$\frac{1}{2}$ cake yeast	$\frac{1}{4}$ cup sugar
1 cup milk	1 teaspoon salt
1 cup water	2 tablespoons butter
$\frac{1}{2}$ cup water	1 egg
4 cups flour	

Scald sugar, butter, salt, milk and water. When cooled until lukewarm, add the yeast dissolved in one-fourth cup lukewarm water, the egg beaten, and the flour. Beat thoroughly, cover, and let rise until light; beat again, and fill buttered muffin pans two-thirds full and sprinkle with grated cheese. Let rise until pans are full, and bake twenty-five minutes in hot oven.

### English Muffins

1 cake yeast	4 tablespoons lard and butter,
1 cup milk, scalded and cooled	melted
1 cup lukewarm water	6 cups sifted flour
2 tablespoons sugar	1 teaspoon salt

Dissolve yeast and sugar in lukewarm liquid, add lard or butter and three cups flour. Beat until smooth, add rest flour, or enough to make soft dough, and salt. Knead until smooth and elastic. Place in well greased bowl, cover and set aside in warm place to rise. When double in bulk, which should be in about two hours, form with hands into twelve large, round biscuits. Cover and set aside for about one and one-half hours. Then, with rolling pin, roll to about one-fourth inch in thickness, keeping them round. Have ungreased griddle hot and bake ten minutes. Brown on both sides. As they brown, move to cooler part of stove, where they will bake more slowly, keeping them warm in oven until all are baked.

**Buckwheat Cakes**

$\frac{1}{2}$ yeast cake	$\frac{1}{2}$ cup corn meal
2 cups boiling water	$\frac{1}{2}$ cup flour
1 cup buckwheat	$\frac{1}{2}$ teaspoon salt

Scald the corn meal and salt with the boiling water. Beat well and when cool add the flour and buckwheat, add dissolved yeast. Let stand over night, in the morning pour off discolored water that lies on top of batter and dilute with one-half cup of milk in which one-fourth teaspoon of soda is dissolved. Butter the griddle lightly and bake in small cakes quickly. Beat the batter and add more milk or soda if needed. A tablespoon of molasses may be added before cooking. Save a cup of batter to serve as yeast for the next day. The griddle for these cakes must be well greased.

**Cornmeal Griddle Cakes**

1 cake yeast	$1\frac{1}{2}$ cups cornmeal
2 cups milk, scalded and cooled	1 cup sifted flour
2 tablespoons brown sugar or molasses	1 teaspoon salt
	2 eggs

Dissolve yeast in lukewarm milk, add sugar or molasses, then flour, eggs well beaten, salt and cornmeal and beat three minutes. Cover and set aside to rise in a warm place for about one hour or until light. Stir well. Bake on hot griddle. If prepared at night, use one-fourth yeast cake and an extra one-half teaspoon of salt. Cover and keep in moderately cool place.

## CHAPTER III

### QUICK BREADS

**B**ISCUITS and all the varieties of biscuit and batter doughs have become as much a part of our diet as bread. In some parts of the country no day goes by without biscuit in some form.

It is sometimes desirable to use quick-acting leavening agents, such as baking powder or soda and an acid. In a recipe in which no eggs are included, the general rule is two teaspoons of baking powder to one cup of flour. When eggs are used, the amount of baking powder should be decreased one-half teaspoon for each egg. This is because the air which it is possible to incorporate in beaten eggs helps to leaven the product.

Sour milk varies in the amount of acid present, but milk which has reached the clabbered stage has a fairly uniform amount of acid. If more soda is used than can be neutralized by the acid, the product will have brown spots and a very unpleasant taste of soda. It is always best to use a *scant* measure of soda. If an additional leavening agent is necessary, baking powder should be added. The general rule is one-quarter to one-half teaspoon of soda to one cup of sour milk and one-half teaspoon of soda to one cup of molasses.

In making biscuits as in all other cookery, the best materials will give the best results. Good materials, accurate measurements, and adherence to the recipe should result in satisfactory products. Make all measurements level; have the oven just right and ready as soon as the product is ready to be baked and leave it in just the right length of time. A little planning in advance takes care of all of these things which seem, at first glance, a great deal of trouble.

Good materials, however, do not mean fancy brands. Attractive wrappers do not always indicate good materials inside the package.

Griddle cakes too have a strong foothold and the home made kinds are especially well liked. There are many prepared flours on the market, to which you are told to add cold water and bake. Some of these are very acceptable and do save much trouble, but nothing quite compares with the truly home made mixtures. Variety in griddle cakes is as much sought as in other kinds of food. The woman who makes her own mixtures is limited only by her imagination. In addition to the recipes given here, she can make a variety of combinations and still have very good cakes. Dried and fresh fruit, or



cooked meat and vegetable can be added to the foundation mixture to give more substantial cakes, which may be used at luncheon for a main dish.

When griddle cakes are not commonly included in the list of oft repeated foods, "smoky kitchens" is often given as the reason for leaving out of the menus these almost universally liked cakes. That need not be so if a very simple trick is used when the cakes are to be made. Instead of greasing the griddle each time, tie a handful of salt in a piece of cloth and rub over the griddle just as you would a piece of bacon rind. Grease the griddle the first time, and after that use the salt pad. The salt pad gives a perfectly smooth surface to the griddle so the cakes will bake evenly without sticking and will at the same time prevent the griddle from smoking. It is the fat that smokes. If there is no fat used, there is no smoke. When the griddle is greased the first time, a piece of bacon rind is best, but if that is not possible, use a cloth dipped in any kind of fat except butter. Butter burns too easily to make a good grease for the griddle.

A good way to make a swab for greasing the griddle, is to tie several thicknesses of white material on the end of a stick. Make the pad on the end quite thick and tie it very tight. Keep the swab in a can with a little fat in it while you are working so the swab will be ready when you want it, and will not drip or come in contact with anything else.

### Baking Powder Biscuits

2 cups flour	1 teaspoon salt
4 teaspoons baking powder	2 tablespoons shortening
$\frac{3}{4}$ or $\frac{7}{8}$ cup milk	

Sift dry ingredients, rub in shortening with finger tips, or cut in with two knives. Add liquid and mix to a soft dough. Toss on slightly floured board. Pat into shape and cut with biscuit cutter. Bake fifteen minutes in a hot oven.

### Butterscotch Rolls

Line a layer cake pan with a paste made by creaming one cup brown sugar and one-half cup of butter.

Roll baking powder biscuit dough to one-fourth inch thickness. Sprinkle the following on top: one cup sugar, one teaspoon cinnamon, one-half cup raisins and one-half cup nuts. Roll and cut in one-half inch pieces. Place in pan with cut side down. Be sure to only half fill pan so syrup does not overflow. Bake in hot oven until done, about fifteen or twenty minutes.

### Cinnamon Rolls

#### Baking Powder Biscuit Recipe—Filling

$\frac{1}{2}$ cup stoned raisins (finely chopped)	2 tablespoons citron $\frac{1}{2}$ teaspoon cinnamon
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Mix as for baking powder biscuits. Roll to one-fourth inch thickness. Brush over with melted butter, and sprinkle with fruit, sugar, and cinnamon. Roll like a jelly roll; cut off pieces three-fourths inch in thickness, place on a buttered tin, and bake in a hot oven fifteen minutes.

### Emergency Biscuits

2 cups flour	1 teaspoon salt
1 tablespoon butter or any fat	$\frac{1}{2}$ teaspoon soda
1 cup thick sour milk	1 teaspoon baking powder

Sift flour, salt, baking powder and soda well together. Rub in the butter or fat with a spoon. Add milk and stir lightly. The dough should be soft. Drop by spoonful into greased muffin tins and bake in a hot oven about twenty minutes.

### Raisin Drop Biscuit

3 cups flour	$\frac{1}{2}$ cup fat
6 teaspoons baking powder	$1\frac{1}{2}$ cups milk
1 teaspoon salt	1 cup raisins

Sift flour, baking powder and salt into bowl; add butter and rub in very lightly until smooth; then add the milk slowly. Add the raisins. The dough must be soft enough to drop from the spoon onto bake sheet, or into the muffin tins that have been brushed with melted fat. Bake in hot oven twelve to fifteen minutes. Some flour will need less milk than others.

### Beaten Biscuits

3 pints pastry flour	1 cup lard
1 teaspoon salt	Milk

Mix and sift flour and salt; cut and rub the lard into the flour. Make a stiff dough with milk or milk and water; knead and beat with rolling pin or mallet for one hour. The dough should be smooth and glossy, bits should break off with a snap. Shape in thin flat cakes, prick all over with a sharp fork, and bake in a moderate oven to a delicate brown, until the edges crack a little. They must have time enough to bake thoroughly or they will be heavy in the middle.

**Shortcake No. I**

4 cups flour	1 teaspoon salt
4 teaspoons baking powder	$\frac{1}{2}$ cup butter and lard mixed
1 cup milk	

Mix and sift the dry ingredients; cut and rub the shortening in, add the milk; bake in two long biscuit tins, marking off in squares before baking. Bake in a quick oven until a good brown. Use a generous quantity of fruit for each layer, dust thick with powdered sugar, pile whipped cream on top layer before serving. If pastry is wanted crisp and short, double amount of shortening. One egg yolk may be added to the milk.

**Shortcake No. II**

2 cups flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon soda	1 cup sour cream

Mix and sift the dry ingredients four times; add the cream slowly; beat well for two minutes, pour onto a hot buttered spider or frying pan, cover with a flat tin and set hot griddle over. Be careful not to burn. Turn in less than ten minutes. When done break in pieces and serve on folded napkin when served without fruit.

**Shortcake No. III**

2 cups flour	$\frac{1}{2}$ cup shortening
4 teaspoons baking powder	1 cup milk
$\frac{1}{2}$ teaspoon salt	1 quart berries
2 tablespoons sugar	1 cup sugar

Sift dry ingredients. Cut in shortening and add liquid. Spread evenly with spoon in greased cake tin. Bake in hot oven about twenty minutes. Sweeten berries to taste. Split cake. Use berries with juice generously between halves and on top. Sprinkle with powdered sugar or top with whipped cream. Serve hot.

**Rhubarb Tutti-Frutti Shortcake**

Make a short cake by any preferred recipe, split and butter it quickly, and spread at once with a filling made as follows. Cook together for five minutes two cups of rich, thick stewed rhubarb and one cup of mixed stoned dates and raisins, chopped fine. Spread over each layer while both cake and filling are hot and put a thin layer of whipped cream on top of the layer of fruit before covering with the top layer of the short cake. This dessert should be served at once with whipped cream or with thick, sweet cream and sugar.

**Rhubarb Shortcake**

1 cup flour	3 tablespoons lemon juice
1 teaspoon baking powder	1 cup sugar
3 eggs	$\frac{1}{4}$ teaspoon salt

Beat the yolks of the eggs until they are light. Add the lemon juice, and gradually beat in the sugar. Beat the whites of eggs until they are dry, add them to the mixture, and beat well. Sift together the flour, the baking powder, and the salt. Fold the dry ingredients lightly into the egg mixture. Bake the cake in two layers in a moderate oven, about twenty-five minutes.

**Rhubarb Shortcake Filling**

2 teaspoons gelatine	1 pint red rhubarb cut in small pieces
$\frac{1}{4}$ cup cold water	Juice and grated rind of $\frac{1}{2}$ orange
1 cup sugar	

Soak gelatine in cold water. Cook rhubarb, sugar and orange till soft and add to the dissolved gelatine.

**Fruit Sauce**

$\frac{1}{2}$ cup dried peaches	$1\frac{1}{2}$ cups water
$\frac{1}{2}$ cup raisins	$\frac{1}{2}$ tablespoon butter
$1\frac{1}{2}$ teaspoons corn starch	$\frac{1}{4}$ cup sugar

Wash peaches, soak over night in water to cover, and cook until tender in the same water in which they were soaked. Mix sugar and cornstarch, add water and washed raisins, and cook together until raisins are tender. Add cooked peaches, warm and add butter. Serve with shortcake.

**Griddle Cakes No. I**

2 cups flour	2 eggs
3 teaspoons baking powder	$\frac{1}{4}$ cup melted butter
$1\frac{1}{2}$ cups milk	$\frac{1}{4}$ teaspoon salt

Mix and sift dry ingredients, add milk and beaten eggs. Beat well. Add butter, beat again, and drop by spoonfuls on hot griddle.

**Griddle Cakes No. II**

2 cups flour	$\frac{1}{2}$ teaspoon salt
1 teaspoon baking powder	2 cups sour milk
1 teaspoon soda	2 tablespoons melted butter
2 eggs	

Mix dry ingredients, add milk slowly, beaten eggs, and beat; add melted butter, beat again and drop by spoonfuls on hot griddle. One-half graham and one-third corn meal may be substituted. They should



cook more slowly. Add one pint huckleberries cleaned, and rolled in flour or one cup peaches cut fine and laid in sugar for an hour or cherries stewed sweet, and drained. When eggs are scarce, reduce number of eggs, diminish amount of milk and increase beating.

### Griddle Cakes with Rice

$\frac{1}{2}$ cup flour	2 tablespoons melted butter
1 teaspoon baking powder	$\frac{1}{2}$ teaspoon salt
2 cups boiled rice	$\frac{1}{2}$ cup milk
2 eggs	

Mix in order given, beat thoroughly, cook like griddle cakes.

### Potato Pancakes

2 cups grated potato	$\frac{1}{2}$ teaspoon salt
2 eggs	1 tablespoon flour
Few grains pepper	

Potato should be peeled and kept in cold water over night, drained and grated in morning. Beat eggs separately, mix all ingredients, brown in thin cakes in butter. In winter serve with meat—in summer serve with tomato or Brown Sauce.

### French Griddle Cakes

2 cups flour	$\frac{1}{2}$ teaspoon salt
1 tablespoon sugar	1 cup milk
3 eggs	

Mix and sift the dry ingredients, add milk slowly and beaten eggs, beat together for five minutes and fry in hot butter; roll up and fill with any kind of fruit, sprinkle with a little powdered sugar and serve hot.

### Canned Corn Griddle Cakes

1 cup flour	$\frac{1}{2}$ cup evaporated milk
4 teaspoons baking powder	3 tablespoons melted shortening
2 cups canned corn	$\frac{1}{2}$ cup water
2 eggs, beaten light	1 teaspoon salt

Chop the corn, add the eggs, the milk diluted with the water, and the flour sifted with the baking powder and salt, and mix thoroughly; add the butter and bake by the large spoonfuls in a hot well greased pan or on a griddle.

### Corn and Rice Cakes

2 cups white corn meal	1 tablespoon flour
1 cup boiled rice	3 eggs
3 teaspoons baking powder	2 cups milk
1 teaspoon salt	2 tablespoons melted butter

Mix the dry ingredients, add the milk slowly; beat in the rice, add the eggs well beaten, the melted butter, beat thoroughly. Bake in greased muffin pans for twenty minutes in moderate oven.

### Richmond Corn Dodgers

$\frac{7}{8}$ cup flour	$\frac{1}{2}$ cup milk
3 teaspoons baking powder	$\frac{1}{2}$ tablespoon sugar
$\frac{3}{4}$ cup canned corn	2 eggs
$\frac{1}{2}$ teaspoon salt	

Add to the canned corn, milk, sugar and lightly beaten eggs. In another bowl mix together the flour, salt and baking powder. Combine the two mixtures, beat well, and drop from spoon into greased muffin pans. Bake in a moderately hot oven. These are delicious with crisp salt pork or bacon.

### Dodgers

1 cup corn meal	1 cup boiling water
$\frac{1}{2}$ teaspoon salt	1 teaspoon butter

Scald the cornmeal with water, beat until smooth and cook one hour in double boiler, add butter. Drop by spoonful on a buttered griddle, pat them out flat, put a dot of butter on each before turning. They are good served with boiled ham. May be used for a winter breakfast, cooked in a frying pan after sausage or bacon.

### Cornmeal Scones

2 cups cornmeal	2 teaspoons baking powder
1 teaspoon sugar	2 teaspoons butter
1 teaspoon salt	Milk

Mix the dry ingredients, rub in the butter, add sufficient cold milk to make a drop batter, bake on a griddle in muffin rings as you would ordinary muffins in moderate oven twenty minutes.

### One Egg Waffles

$1\frac{1}{2}$ cups flour	$1\frac{1}{2}$ cups milk
$1\frac{1}{2}$ teaspoons baking powder	1 egg
$\frac{1}{4}$ teaspoon salt	2 tablespoons melted butter

Mix dry ingredients, add milk slowly, egg beaten very light and the melted butter. Beat batter for two minutes and drop by spoonfuls on well greased, hot waffle iron.

### Waffles

1 cup flour	$\frac{1}{2}$ cup milk
2 teaspoons baking powder	1 egg
$\frac{1}{4}$ teaspoon salt	2 tablespoons melted butter

Separate the egg. Beat the yolk and add the milk and butter. Sift the dry ingredients, add to the above mixture. Fold in the white just before cooking. Cook on a well greased waffle iron.

### One Egg Muffins

1½ cups flour	½ teaspoon salt
3 teaspoons baking powder	1 egg
2 tablespoons sugar	1 cup milk
2 tablespoons melted butter	

Measure, mix and sift dry ingredients; add milk, beaten egg and melted butter; beat vigorously. Half fill well greased muffin tins and bake in hot oven from twenty to twenty-five minutes.

### Date Muffins

½ cup white flour	½ cup chopped dates
½ cup rye flour	½ teaspoon salt
1 cup Graham flour	2 tablespoons sugar
3 teaspoons baking powder	1 cup milk
1 egg	½ cup walnut meats

Mix and sift dry ingredients, add the egg well beaten and milk, stir in the chopped dates, and ground walnut meats. Omit the walnut meats, if you like. Bake in gem pans in hot oven twenty minutes.

### Graham Muffins

1 cup Graham flour	1 teaspoon salt
1 cup flour	1 cup milk
3 teaspoons baking powder	1 egg
½ cup sugar	1 tablespoon melted butter

Mix and sift dry ingredients; add gradually milk, egg well beaten and butter. Bake in hot, buttered gem pans twenty-five minutes.

### Rye Breakfast Muffins

1 cup rye meal	1 cup milk
1 cup flour	½ cup sugar
3 teaspoons baking powder	½ teaspoon salt
1 egg, well beaten	

Mix and sift dry ingredients, add milk slowly, and egg well beaten; beat all together, bake twenty minutes in muffin tins in quick oven.

### Togus Muffins

1½ cups cornmeal	½ teaspoon salt
½ cup flour	1 cup sweet milk
½ teaspoon soda	1 cup sour milk
1 teaspoon baking powder	½ cup molasses

Mix and sift dry ingredients, add milk and molasses, beat thoroughly; pour in well greased muffin cups and steam for two hours.

**Corn Muffins**

1½ cups flour	1 cup milk
4 teaspoons baking powder	2 eggs
½ cup cornmeal	1 tablespoon butter
2 tablespoons sugar	

Mix and sift the dry ingredients, add the milk, beaten eggs and melted butter; beat vigorously. Half fill well greased muffin pans and bake in a hot oven twenty to twenty-five minutes.

**Corn Muffins with Dates**

1 cup white flour	1 tablespoon brown sugar
4 teaspoons baking powder	1 egg
1 cup cornmeal	2 tablespoons melted butter
½ teaspoon salt	½ cup dates
1 cup milk	

Mix and sift the cornmeal, flour, salt, baking powder, and sugar. Add well beaten egg, milk and melted butter. Mix and add the dates chopped. Bake in a hot oven twenty-five minutes.

**Cherry or Blueberry Muffins**

2 cups flour	1 egg
3 teaspoons baking powder	1 cup milk
¼ cup shortening	½ teaspoon salt
¼ cup sugar	1 cup cherries (drained)

Cream shortening and sugar; add egg and beat thoroughly; alternate with milk and beat thoroughly; cut and add cherries. Bake in greased muffin tins and bake in a hot oven about twenty-five minutes. Note:—If blueberries are used add two and one-half cups flour instead of two.

**Plain Gingerbread**

2½ cups flour	½ cup boiling water
1 teaspoon soda	1 cup molasses
3 tablespoons shortening	2 teaspoons ginger
½ teaspoon salt	

Melt the shortening by adding the hot water, and then add the molasses. Mix and sift the dry materials and add slowly to the liquid. Beat thoroughly, and bake in shallow pans in a moderate oven for about twenty-five minutes. Hot coffee may be used in place of hot water.

**Soft Gingerbread**

1½ cups flour	1 egg
2 teaspoons baking powder	1 tablespoon shortening
1 cup molasses	1 teaspoon ginger
¾ cup milk	½ teaspoon cinnamon
½ teaspoon salt	



Mix and sift all the dry ingredients. Beat the egg, add the milk and molasses, and then add the dry ingredients to the liquid. Mix thoroughly, and add the melted shortening. Bake in shallow pan in a moderate oven about twenty-five minutes. Raisins may be added to this recipe to make a simple fruit cake. Sultana raisins are best. If raisins are used, put them in after the melted fat.

### Cheap Ginger Cakes

1½ cups flour	½ cup molasses (or brown syrup)
1 teaspoon baking powder	½ cup sour milk
½ teaspoon soda	½ teaspoon ginger
¾ cup melted butter	½ teaspoon salt
1 egg (unbeaten)	½ cup sugar
1 teaspoon cinnamon	

Mix and sift dry ingredients. Stir in unbeaten egg together with molasses, corn syrup, and sour milk. Add melted shortening. Stir with spoon on the bottom of the dish until it makes a soft dough. Put in greased shallow pan and bake forty-five minutes in moderate oven. If in the form of cup cakes bake about twenty minutes in hot oven. Serves eight. Serve with whipping cream. (Fruit juice may be substituted for the sour milk).

### Sour Milk Gingerbread

2½ cups flour	1½ teaspoons ginger
1 teaspoon soda	½ teaspoon salt
1 cup molasses	4 tablespoons melted shortening
1 cup sour milk	

Mix and sift dry ingredients. Add sour milk and soda, and beat mixture thoroughly. Add melted fat. Pour into a shallow pan, and bake in a moderate oven about twenty-five minutes.

### Maple Gingerbread

2 cups flour	1 cup maple syrup
3 teaspoons baking powder	½ teaspoon ginger
1 cup boiling water	½ teaspoon salt
2 tablespoons butter	1 egg

To the boiling water add the butter and maple syrup. Sift the flour, ginger, salt, and baking powder, and beat into the maple mixture. Add last, the beaten egg, and bake forty minutes in a medium oven.

### Golden Corn Cake

1 cup corn meal	½ teaspoon salt
1 cup flour	1 cup milk
4 teaspoons baking powder	1 egg
½ cup sugar	1 tablespoon melted butter

Mix and sift dry ingredients; add milk, beaten egg and butter. Bake in shallow pan twenty minutes, in hot oven.

### Hominy and Cornmeal Cakes

1 cup cornmeal	1 tablespoon butter
2 tablespoons hominy	2 tablespoons sugar
2 teaspoons baking powder	$\frac{1}{2}$ cup boiling water
$\frac{1}{2}$ teaspoon salt	1 cup scalded milk
2 eggs	

Mix hominy, salt and butter, add boiling water and cook in double boiler until all water is absorbed. Scald cornmeal with milk, add sugar, and hominy mixture; cool mixture, and add eggs, yolks and whites beaten separately, and baking powder. Bake in buttered gem pans for twenty minutes, in hot oven.

### Johnny Cake

4 cups cornmeal	1 teaspoon salt
2 teaspoons soda	3 cups buttermilk
2 tablespoons molasses	2 eggs

This rule calls for water milled cornmeal. The usual kiln dried meal makes different quality, and the proportions must be three cups meal and one of flour. Mix and sift dry ingredients, add buttermilk, and molasses slowly; add beaten eggs and beat all together for two minutes with broad wooden spoon. Bake in two pans for one-half hour in moderate oven.

### The Best Corn Bread I Know

1 cup flour	1 cup cornmeal
3 teaspoons baking powder	1 tablespoon sugar
$\frac{1}{2}$ teaspoon salt	1 cup milk
1 egg	$\frac{1}{2}$ lb. bacon, cut fine

Sift dry materials; beat egg; add milk to mixture. Spread thin in greased baking pan. Sprinkle bacon over top. Bake about 15 minutes in a hot oven. If desired crisp brown in broiler.

### Virginia Spoon Corn Bread

1 cup white cornmeal	3 eggs
$1\frac{1}{2}$ teaspoons baking powder	3 pints milk
1 teaspoon salt	2 tablespoons melted bacon grease or butter

Break eggs in mixing bowl and beat for about one minute. Then add milk and shortening; then add corn meal, baking powder and salt which have been thoroughly mixed together. Bake in deep pan about thirty-five minutes in moderately hot oven. Punch hole in center before taking from oven to see if done. If not let bake few minutes longer. Serve from pan with plenty of good butter. When baked this is very much like custard and if desired raisins or nut meats may be added to taste.

**Corn Cake with Suet**

1 cup cornmeal	$\frac{1}{2}$ teaspoon soda
1 cup flour	$\frac{1}{2}$ teaspoon salt
1 teaspoon baking powder	$\frac{1}{2}$ cup chopped suet
2 cups sour milk	

Mix and sift dry ingredients, add suet and the sour milk. Beat well and bake in a moderate oven one-half hour. May be eaten with syrup, but is recommended only for zero weather.

**Baked Brown Bread**

2 cups sour or buttermilk	$\frac{1}{2}$ cup brown sugar
1 teaspoon salt	4 cups graham flour
$\frac{1}{2}$ cup dark molasses	2 teaspoons soda
$\frac{1}{2}$ cup raisins	

Fill baking powder cans half full and bake one hour in a moderate oven.

**Steamed Boston Brown Bread**

1 cup yellow cornmeal	2 teaspoons soda
1 cup rye or graham flour	$\frac{1}{2}$ cup molasses
1 cup whole wheat flour	2 cups sour milk (thick)
1 teaspoon salt	$\frac{1}{2}$ cup raisins

Sift dry ingredients and add raisins; add sour milk and beat. Pour into well greased molds until two-thirds full. Cover and steam three and one-half hours; take from steamer and remove covers and put in a moderate oven for about twenty-five minutes.

**Popovers**

1 cup flour	1 egg
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup milk

Beat egg, add milk. Stir in dry ingredients, beat vigorously. Pour into buttered cups and bake in hot oven thirty to fifty minutes.

**Corn Popovers**

1 $\frac{1}{2}$ cups sifted corn meal	1 tablespoon melted butter
2 cups scalded milk	3 eggs
$\frac{1}{2}$ teaspoon salt	

Scald the corn meal with the milk, add butter and salt, beat thoroughly. When cool add three well beaten eggs, pour into hot iron gem pans and bake from thirty to thirty-five minutes in a hot oven.

**Graham Puffs**

2 cups graham flour	$\frac{1}{2}$ teaspoon salt
1 teaspoon sugar	2 cups milk
3 eggs	

Mix dry ingredients; beat eggs until very light; add milk to dry ingredients; slowly beat in eggs, and continue beating for three min-

utes. Turn batter into well greased warm muffin pans and bake in moderate oven for one-half hour. If taste of rye is liked one cup rye meal may be substituted for the graham.

### Whole Wheat Puffs

2 cups whole wheat flour	1 cup milk
$\frac{1}{4}$ teaspoon salt	1 cup cream
1 egg	

Beat the white to a stiff froth; to the yolk, add the milk and cream and beat together until perfectly mingled and foamy with air bubbles. Add the flour sifted with the salt; continue beating vigorously for eight or ten minutes, then fold in the beaten white and turn at once into hot iron gem pans and bake. Fill the irons full, bake from thirty to thirty-five minutes, in moderately hot oven.

### Dropped Doughnuts

$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup milk
$1\frac{1}{2}$ teaspoons baking powder	1 egg beaten separately
$\frac{1}{2}$ cup sugar	1 teaspoon salt
1 lemon rind grated	$\frac{1}{8}$ teaspoon nutmeg

Cream sugar and shortening; add liquid and sifted dry ingredients. Hold teaspoonful batter close to fat and drop, then doughnuts will come up in round balls.

### Sour Cream Doughnuts

3 cups flour	1 cup sour cream
1 teaspoon soda	$\frac{1}{2}$ teaspoon salt
1 cup sugar	$\frac{1}{4}$ grated nutmeg
1 egg	

Combine in the order given, add flour to make a dough stiff enough to roll; toss one-third mixture on floured board, knead slightly, roll out to one-fourth inch thickness; cut with doughnut cutter. Fry in deep fat, take up on skewer, and drain on brown paper. Add trimmings to one-half remaining mixture, roll, shape and fry as before. Roll in powdered sugar before serving.

### Favorite Doughnuts

1 cup sugar	$1\frac{1}{2}$ teaspoons salt
2 to 3 tablespoons shortening	1 cup milk
3 eggs	1 teaspoon grated nutmeg
4 teaspoons baking powder	$3\frac{1}{2}$ to $4\frac{1}{2}$ cups sifted flour

Cream shortening and sugar; add eggs and beat thoroughly; add milk and stir; add sifted ingredients. Toss on board and roll to one-fourth inch thickness; cut with doughnut cutter. Fry in deep fat.



## Crullers

Flour	2 eggs
1½ teaspoons soda	1 cup sour milk
1 teaspoon cream of tartar	3 tablespoons melted shortening
1 cup sugar	1 teaspoon salt

Beat up eggs and sugar, add shortening, and then milk. Mix spices (either nutmeg or mace, or a little of each) with one cup flour, and add to the first mixture. Then add enough flour to make dough just firm enough to handle. Toss on floured board, and roll about one-fourth inch thick. Cut and fry in hot fat about two minutes until a delicate brown.

## Apple Dumplings

½ the rule for Shortcake No. 1	4 tablespoons sugar
3 large apples	1 tablespoon butter

Roll the dough into a sheet and cut in five inch squares. Core and halve the apples. Fold each piece of apple in a square of paste, bringing the corners to the core. Turn dumplings upside down in a well buttered dripping pan. Dot with bits of butter, sprinkle with sugar. Set the pan in a quick oven and after ten minutes pour on boiling water to half cover. Baste often and bake thirty minutes in a moderate oven. Serve with cream or the syrup from the pan.

## Dumplings for Stews

2 cups sifted flour	3 teaspoons baking powder
½ teaspoon salt	1 cup milk

Mix and sift dry ingredients; mix with milk and drop by spoonfuls into boiling stew. Cover tight and cook for ten minutes. These may be dropped on buttered plate and cooked in steamer, over fast boiling water.

## Quick Nut Bread

3½ cups white flour (may use half graham and half white)	1 cup milk or water
4 teaspoons baking powder	½ teaspoon salt
2 eggs	1 cup chopped nuts
1 cup sugar	2 tablespoons of melted shortening may be added to milk

Beat eggs and sugar until light; add milk, salt and nuts and mix well. Fold in flour which has been sifted with baking powder. Fill bread pan half full and let stand for twenty minutes. Bake in a moderate oven forty-five minutes.

**Nut and Raisin Bread**

1 cup Graham flour	1½ teaspoons salt
1 cup entire wheat flour	¾ cup chopped nuts
1 cup bread flour	½ cup seeded raisins
4 teaspoons baking powder	1 egg
¾ cup brown sugar	1 cup milk or
2 tablespoons fat	1 cup water

Mix and sift flours, salt, sugar and baking powder; add remaining ingredients and beat well. Turn into greased bread pans, let stand one-half hour, then bake in moderate oven about forty-five minutes.

**Recipe for Date Bread (One Loaf)**

2 cups flour	½ teaspoon salt
2 teaspoons baking powder	1 egg
¾ cup milk or water	½ lb. dates (stoned and cut in pieces)
¼ cup sugar	

Mix flour, baking powder and salt. Add milk, egg slightly beaten and dates. Turn into a buttered pan and bake slowly one hour in a hot oven. It can then be cut, when cold, into slices.

**Peach Cobbler**

Rule for shortcake No. 2	1 qt. peaches
2 cups sugar	

Pare and stone peaches; fill granite baking dish one-half full, add sugar; roll shortcake paste to exactly fit pan cut two or three gashes to allow steam to escape; cover fruit and bake for an hour or longer or until peaches show dark red color. Bake in moderate oven. Cool, and serve with sugar and cream.

## CHAPTER IV

### CAKES AND COOKIES

**C**AKES are classified as those made with butter and those without butter or as shortened and unshortened cakes. Under cakes without butter come the sponge cakes and angel food cakes. Cakes with butter include all kinds of cakes light and dark. The following method has been found most successful for making the cakes without butter.

**SPONGE CAKES:** Separate the yolks from the whites. Beat the yolks until thick and add the sugar gradually; continue beating and add the flavoring. Beat whites until stiff but not dry, cut and fold into the mixture of egg yolk and sugar. Fold in the mixed and sifted dry materials and do not mix after the flour is added. When ingredients of the recipes only are given, the above method is used for all sponge cakes.

**BUTTER MIXTURES:** Have the bowl warm and measure the butter into it. Cream the butter thoroughly and add the sugar slowly. Beat these two together until creamy, and then add the flavoring, the well beaten egg yolks and milk. Mix and sift the dry materials and add to this mixture. Fold in the stiffly beaten egg whites. Do not stir after the egg whites are added. Recipes which give only the materials and no directions or when the directions read "mix like butter cakes" should be made this way. There are short cuts that can be used by the experienced cake baker, but the above method gives the best results.

The baking time is divided into four periods. First, the cake should rise and not brown. Second, the cake should continue to rise and begin to brown. Third, it should finish rising and continue to brown. Fourth, it should finish browning and shrink from the pan. Thin cakes are baked in hotter ovens than loaf cakes. Layers should bake about fifteen to twenty minutes. The loaf cake takes much longer, often requiring an hour, and the heavy fruit cakes require from two to four hours.

As soon as the pans are taken from the oven they should be inverted over a wire cake cooler and allowed to drop out of the pan. If they stick after a few minutes, put a damp cloth on the bottom of the inverted pan and it will soon drop out. Don't become impatient with

the cake and try to dig it out. Helping the cake out of the pan usually results in a broken cake.

Frosting should be spread on cakes when they have cooled but are fresh. The hot cake melts the sugar in the frosting and makes it too thin.

### Angel Food Cake

1½ cups egg whites	1 cup pastry flour
1½ cups sugar	1 teaspoon vanilla
½ teaspoon cream of tartar	½ teaspoon almond

Beat egg whites until partially stiff. Add cream of tartar and beat until they hold their own weight, so they slip out of bowl. Then lightly fold in sifted dry ingredients. Add flavoring. Put in an ungreased pan in cold oven until moderate heat is reached, and bake for remainder of hour. Let cool, inverted in pan, before removing.

### Cocoa Angel Food

5 egg whites	½ cup cocoa
1 cup sugar	½ cup flour
¼ teaspoon cream of tartar	½ tablespoon corn starch
Vanilla	

Beat egg whites until very foamy; add the cream of tartar and beat until stiff. Then gradually fold in the sifted sugar which has been mixed with the cocoa. Add vanilla and the flour and cornstarch, which have been sifted many times. Bake in tube pan one-half hour in a slow oven.

### Sponge Cake

3 eggs	2 cups flour
1½ cups sugar	2 teaspoons baking powder
½ cup cold water	½ teaspoon salt
Grated rind ½ lemon	

Mix and sift the flour, salt and baking powder. Beat the egg yolks and sugar until thick and lemon colored. Stir in the cold water and the lemon rind. Fold in the well beaten egg whites and then very gently fold in the sifted flour. Bake in an ungreased tube pan in a slow oven over forty minutes.

### Honey Sponge Loaf

3 eggs	½ teaspoon baking powder
¾ cup strained honey	½ teaspoon salt
¾ cup potato flour	¼ lemon

Cream together very thoroughly beaten yolks of eggs and the lemon. Sift three times, the potato flour, baking powder, and salt. Combine the mixture, adding the juice of one-fourth of the lemon, and fold in



stiffly whipped egg whites. Bake in a deep ungreased pan for forty minutes in a moderate oven. Cover with maple frosting.

### Hot Water Sponge Cake

2 egg yolks	2 egg whites
$\frac{1}{2}$ cup sugar	1 cup flour
6 tablespoons hot water	$1\frac{1}{2}$ teaspoons baking powder
1 teaspoon lemon juice	$\frac{1}{4}$ teaspoon salt

Beat the egg yolks until thick and lemon colored. Add sugar, and continue beating. Add hot water and lemon juice. Fold in egg whites beaten stiff, and fold in flour which has been mixed and sifted with salt and baking powder. Bake in a greased, shallow pan in moderate oven, about thirty-five minutes.

### Sunshine Cake

6 eggs	1 cup pastry flour
1 cup granulated sugar	1 teaspoon baking powder or
$\frac{1}{2}$ cup water	cream of tartar
1 teaspoon flavoring	

Boil sugar and water until it spins a thread. Then pour slowly over stiffly beaten egg whites. Beat egg yolks until lemon colored and add to this with flavoring. Sift flour and baking powder and fold into egg mixture. Put in tube pan and bake in moderate oven from fifty to sixty minutes.

### Jelly Roll

3 eggs	1 cup flour
1 cup sugar	$1\frac{1}{2}$ teaspoons baking powder
8 tablespoons hot water	

Mix and sift the dry ingredients; stir in eggs well beaten, add hot water, beat batter well, pour into a smooth, well greased pan. The batter should be put one-fourth inch deep, for if thicker, the cake will not roll nicely. Bake in slow oven about twenty minutes. When done, turn the cake onto a sheet of brown paper, well dusted with powdered sugar. Beat the jelly with a fork and spread on the cake. With a sharp knife, trim off all crusty edges, roll it up by lifting one side of the paper. The cake will break if allowed to cool before rolling. To keep the roll perfectly round, roll it up in a cloth until cool.

### Mocha Cakes

4 eggs	1 teaspoon vanilla
2 cups granulated sugar	2 cups flour
$\frac{1}{2}$ cup water	$\frac{1}{4}$ teaspoon salt
4 tablespoons baking powder	

Beat yolks of eggs, add two scant cups granulated sugar gradually, continuing beating. Add three-fourths cup of cold water and flavor

with one teaspoon pure vanilla extract. Sift together several times two cups flour and one-fourth teaspoon salt, with four teaspoons baking powder and add to the mixture. Fold the stiffly beaten whites of the four eggs into the batter and add a teaspoon of vinegar. Bake cakes in gem pans with sloping sides in a moderate oven twenty minutes; cool and invert cakes. Split each through middle and put together again with frosting. Spread sides with frosting, and roll in chopped nuts. Ornament the tops with rosettes made by pressing the frosting through a pastry tube.

### Soft Mocha Frosting

2 tablespoons butter	1 tablespoon strong coffee
1½ cups powdered sugar	1 tablespoon cocoa

### Skillet or Upside Down Cake

5 tablespoons butter	1 cup light brown sugar
1 can pineapple (diced or sliced)	

Put in frying pan and let cook slowly while mixing batter.

1½ cups sugar	¼ teaspoon salt
1½ cups flour	3 eggs
1½ teaspoons baking powder	1 teaspoon vanilla

Beat eggs lightly, add sugar gradually, fold in sifted dry ingredients. Pour batter over fruit and bake about forty-five minutes in a moderate oven.

### Delicate Cake

½ cup butter	½ cup milk
1½ cups sugar	4 eggs, whites only
2 cups flour	2 teaspoons baking powder

Mix and sift the dry ingredients. Cream the shortening and sugar and add the flour and milk alternately. Fold in the well beaten egg whites and bake in a thin sheet in a moderate oven twenty-five minutes.

### Feather Cake

6 tablespoons butter	1 cup milk
1½ cups sugar	3 cups flour
3 eggs	4 teaspoons baking powder
1½ teaspoons vanilla	

Cream the butter and add sugar while creaming, then egg well beaten. Sift flour, baking powder and salt, and add a little to the first mixture. Then add a little milk, and so on until all the flour is added. Add vanilla and beat well. Put at once into buttered or papered pan. Bake in a moderate oven thirty-five minutes.

**Old Fashioned Sour Cream Cake**

1 cup sugar	Grated nutmeg
2 eggs, well beaten	1 cup sour cream
1 teaspoon baking powder	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon soda	1 $\frac{1}{2}$ cups flour

Add soda to cream. Put in sugar and beat together. Add yolks of eggs well beaten, flour with baking powder, salt and nutmeg sifted into it, and lastly the beaten whites of the eggs. Bake in gem tins in a hot oven about fifteen or twenty minutes, or in a loaf in a moderate oven for about thirty minutes.

**Economy Cake**

$\frac{1}{2}$ cup butter	2 teaspoons baking powder
$\frac{3}{4}$ cup sugar	$\frac{3}{8}$ cup milk
1 egg	$\frac{1}{4}$ teaspoon salt
1 $\frac{1}{2}$ cups flour	1 teaspoon flavoring

Cream butter, add sugar, well beaten egg and milk. Fold in dry ingredients and add flavoring. Bake in gem tins in a hot oven for about fifteen to twenty minutes or two layers in a moderate oven for twenty-five minutes.

**Lunch Cake**

1 cup butter	1 cup milk
1 $\frac{1}{2}$ cups sugar	3 eggs
3 $\frac{1}{2}$ cups flour	3 teaspoons baking powder

Cream butter and sugar, add the remaining ingredients, reserving one of the whites of the eggs for icing. Bake in a shallow pan in a moderate oven twenty minutes.

**Pound Cake**

$\frac{1}{2}$ cup shortening	1 teaspoon baking powder
1 cup fine granulated sugar	$\frac{1}{2}$ cup milk
1 $\frac{1}{2}$ cups flour	4 eggs
$\frac{1}{2}$ teaspoon salt	Flavoring to taste

Mix and sift the flour with the baking powder and salt. Cream the shortening and sugar thoroughly. Add one egg at a time, beating the mixture well continually. Add all the milk, stir well and then stir in the flour. Butter paper and line a loaf pan with it and bake in a slow oven an hour. The cake may be flavored with mace and vanilla or with a teaspoon of lemon juice.

**Bride's Cake No. I (White Cake)**

$\frac{7}{8}$ cup butter	2 cups milk
3 cups sugar	6 cups pastry flour
$\frac{1}{2}$ teaspoon lemon juice	6 teaspoons baking powder
1 teaspoon almond extract	1 teaspoon salt
$\frac{1}{2}$ teaspoon orange juice	7 egg whites

Cream solid shortening; add sugar and cream again; add flavoring, one-third water; one-third flour and beat. Add second one-third water and flour and beat. Add last one-third water and remainder of flour, sifted with baking powder and salt. Fold in beaten egg whites. Bake in moderate oven two hours if in a large loaf, one hour if two layers are made.

### Bride's Cake No. II (White Cake)

1½ cups butter	12 egg whites
3 cups sugar	3 cups flour
1½ cups cold water	3 teaspoons vanilla or almond
1½ cups corn starch	extract
3 teaspoons baking powder	

Cream butter and sugar, add cold water, flavoring and sifted dry ingredients. Fold in stiffly beaten egg whites. A loaf cake should be baked in a moderate oven—time, about two hours, depending upon size of loaf. This recipe will make three good sized layers. These should be baked in about twenty-five or thirty minutes.

### Ice Cream Cake

½ cup butter	½ cup cornstarch
1 cup sugar	3 teaspoons baking powder
½ cup milk	1 teaspoon flavoring
1 cup flour	Whites of 4 eggs

Cream the butter and sugar together, add milk and flavoring. Sift in flour, cornstarch, and baking powder mixed together; lastly add whites of eggs beaten to a stiff froth. Bake in a square pan, and ice with a white icing.

### Golden Cake

½ cup butter	½ cup milk
1 cup sugar	1½ cups flour
8 egg yolks	4 teaspoons baking powder
	1 teaspoon orange extract

Bake in tube pan, cover with plain icing, or with ice cream filling, into which fresh or dried cocoanut has been stirred. Bake in a moderate oven for about sixty minutes.

### Nut Loaf Cake

¾ cup butter	1 cup milk
1½ cups sugar	3 cups flour
4 eggs	4 teaspoons baking powder
	1 cup pecans

Rub butter and sugar together until creamy; add the well-beaten yolks slowly and rub into a light, airy mass. Then add the milk



slowly alternating with the flour which has been sifted twice with the baking powder. Add the nuts which have been put through the food-chopper; then beat the whites of eggs until stiff and fold in very lightly. Brush Turk's head (tube pan) with melted butter or line with paper. Bake in a very moderate oven fifty to sixty minutes. Test by pressing on top. If it does not leave an impression, the cake is done; or use a fine knitting needle. If it adheres to needle it is not done.

### Hickory Nut Cake

1 cup butter	4 teaspoons baking powder
2½ cups sugar	2 cups hickory nut meats
1 cup milk	½ lb. citron
5 eggs	1 lb. raisins
3½ cups flour	1 oz. each, candied lemon and orange peel

Mix and sift the flour with the salt and baking powder. Cream the shortening and sugar until well blended and then add the eggs one at a time beating thoroughly. Add the flour and milk alternately and then fold in the fruit and nuts. Mix thoroughly. Line two cake tins (shallow tins) with paper. Bake the cake in two thin sheets in a slow oven for one hour. If baked in a large loaf, bake for one hour in a slow oven and then cover the top of the pan with a sheet of paper to keep the top from browning before the inside is thoroughly cooked.

### Lemon Cake

6 tablespoons butter	1 teaspoon lemon extract
2 cups sugar	7 tablespoons milk
2 cups flour	3 teaspoons baking powder
6 eggs	½ teaspoon salt

Mix and sift the dry ingredients. Cream the shortening and sugar thoroughly. Add the well beaten egg yolks and then add the flour and milk. Fold in the stiffly beaten egg whites. Bake in layer tins in a moderate oven for twenty-five minutes. When cold, spread the following filling between the layers.

### Filling

1½ cups sugar	4 eggs
½ cup butter	Rind of 3 lemons grated and the juice

Cream the butter, sugar and eggs together. Set into a dish of boiling water until heated; then add lemon, and stir until thick. Spread between layers of cake.

### Apple Cake

2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
2 tablespoons sugar	1 cup milk
2 cups flour	1 well beaten egg
3 teaspoons baking powder	3 large tart apples

Mix and sift the flour with the salt, sugar and baking powder. Cut in the butter and add the milk and well-beaten egg. Peel the apples, cut in quarters and then cut the quarters in thin slices. Cover the bottom of the cakepan with the sliced apple, sprinkle with cinnamon and sugar mixed, pour batter over apples and bake in a hot oven thirty-five minutes.

### Apple Sauce Cake

$\frac{1}{2}$ cup butter	1 cup raisins
1 cup sugar	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ teaspoon cloves	1 teaspoon baking powder
1 teaspoon cinnamon	2 tablespoons warm water
$\frac{1}{4}$ teaspoon nutmeg	1 cup apple sauce
$\frac{1}{2}$ cup nuts	3 cups flour

Cream together the butter and sugar. Add the cloves, cinnamon, nutmeg, nuts and raisins. Stir the soda, dissolved in the warm water, into the apple sauce. Add the sauce to the first mixture. Beat this mixture thoroughly. Add the flour. Pour the mixture into a loaf pan and bake it in a moderate oven from forty to fifty minutes.

### Blueberry Tea Cake

$\frac{1}{2}$ to $\frac{3}{4}$ cups melted butter	4 cups flour
1 cup sugar	1 teaspoon salt
2 cups blueberries	4 teaspoons baking powder
2 eggs	

Mix and sift the dry ingredients, add milk slowly, melted butter and eggs well beaten. Beat all together thoroughly, dredge blueberries with flour and fold into the batter. Fill greased gem pans three-quarters full and bake one-half hour in a moderate oven. Serve with stewed berries.

### Maraschino Cherry Cake

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups sugar	4 teaspoons baking powder
1 cup liquid	4 egg whites
3 cups pastry flour	$\frac{1}{2}$ cup Maraschino cherries

Cream butter; add sugar; cream again. Add milk, fold in two and one-half cups flour which has been sifted with salt. Beat thoroughly and add cherries. Fold in remaining one-half cup flour.

which has been sifted with baking powder. Add beaten egg whites, Bake in layers in moderate oven twenty-five to thirty minutes, in a loaf forty-five minutes.

### Economy Orange Cakes (Layer Cake)

$\frac{1}{2}$ cup butter	2 eggs
$\frac{3}{4}$ cup sugar	$\frac{3}{4}$ cup milk or $\frac{3}{4}$ cup orange juice
2 cups flour	and water
2 teaspoons baking powder	$\frac{1}{2}$ teaspoon salt
Grated rind of $1\frac{1}{2}$ oranges	

Cream the butter and sugar together; add well beaten egg yolks. Mix and sift dry ingredients and add to first mixture, alternately with milk. Cut and fold in the stiffly beaten egg whites and grated orange rind. Pour into greased muffin pans and bake in a hot oven for about twenty-five minutes. Serves ten. May be made into layers.

### Italian Cake with Mocha Frosting

$1\frac{1}{2}$ cups butter	2 cups flour
1 cup sugar	2 teaspoons baking powder
$\frac{1}{2}$ cup strong coffee	$\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup walnut meats	

Mix and sift the dry ingredients. Cream the shortening and sugar and add the coffee and flour alternately. Fold in the raisins and nuts and add flavoring. Bake in layer tins in a moderate oven about fifty minutes. Spread between the layers and ice on top and sides with mocha frosting. See Mocha Cake for frosting recipe.

### Maple Sugar Cake

$\frac{3}{4}$ cup butter	4 eggs
$1\frac{1}{2}$ cups sugar	3 cups flour
$\frac{1}{2}$ cup milk	3 teaspoons baking powder

Mix and sift the flour and baking powder. Cream the shortening and sugar and add the egg yolks well beaten. Mix thoroughly and then add the flour and milk alternately. Fold in the well beaten egg whites. Bake in layer tins in a moderate oven for twenty-five minutes. Fill when the cake has cooled.

### Filling

1 cup maple syrup	White of 1 egg
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Boil maple syrup to a soft wax when tested in cold water and pour over the white of egg beaten to stiff froth. Beat thoroughly.

**Devil's Food or Bitter Sweet Cake**

$\frac{1}{2}$ cup solid shortening	$1\frac{1}{2}$ cups flour or $1\frac{1}{4}$ cups pastry flour
1 cup sugar	$\frac{1}{4}$ teaspoon soda
2 eggs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup sour milk or buttermilk	2 squares bitter chocolate
1 teaspoon vanilla	$\frac{1}{2}$ cup water
2 teaspoons baking powder	

Cook chocolate in the half cup of water until thick and set aside to cool. Cream shortening and sugar. Add unbeaten eggs, one at a time, beating after each addition. Add milk and flavoring and fold in sifted dry ingredients. Bake in a loaf in moderate oven for forty-five minutes.

**Bitter Sweet Icing**

2 cups powdered sugar	About 8 tablespoons milk or cream
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla	

Mix all together and spread on cake. Melt one square of bitter chocolate and spread on top of this.

**Chocolate Walnut Cake (With Potatoes)**

$\frac{1}{2}$ cup shortening	$\frac{3}{4}$ cup walnuts
$1\frac{1}{2}$ cups sugar	$\frac{7}{8}$ cup water
1 cup mashed potatoes	$2\frac{1}{2}$ oz. chocolate
$2\frac{1}{2}$ cups flour	3 eggs
4 teaspoons baking powder	1 teaspoon salt
1 teaspoon vanilla	

Cream shortening and sugar. Add mashed potatoes, salt and flavoring and cream again. Beat eggs until light and lemon colored and add to mixture with liquid. Sift flour with baking powder and fold in. Melt chocolate and add with walnuts. Bake in a moderate oven about one hour in a loaf, thirty minutes in layers.

**Chocolate Loaf Cake**

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup milk
$1\frac{1}{2}$ cups sugar	4 eggs
2 cups flour	2 level tablespoons chocolate dissolved in 5 tablespoons boiling water
2 teaspoons baking powder	
1 teaspoon vanilla	

Sift flour, baking powder and salt together. Mix butter and sugar together; add the beaten yolks of the eggs, the vanilla and the flour and milk alternately. When well mixed, fold in the beaten egg whites. Have oven hot; when cake has been in two minutes reduce heat and bake until a toothpick leaves the center dry. Bake about thirty-five minutes.



**Rich Four Layer Cocoa Cake—Light Part**

$\frac{1}{2}$ cup shortening	Pinch salt
$1\frac{1}{2}$ cups sugar	2 cups flour
$\frac{1}{2}$ cup milk	2 teaspoons baking powder
4 egg whites	

Cream shortening, sugar and salt together until light and creamy; add milk slowly and half the flour, which has been sifted with baking powder. Separate the eggs, beat the whites until light and mix in very lightly; then fold in the rest of the flour and baking powder. Line two layer or 10-inch square pans with double paper and bake fifteen to twenty minutes; time depends on heat of oven. When cool, remove paper.

**Dark Part**

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup cocoa
$1\frac{1}{2}$ cups sugar	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup milk	2 teaspoons baking powder
4 egg yolks	Pinch salt

Cream shortening and sugar until light; add milk slowly; beat the yolks of eggs until creamy, and add slowly; stir all the time; sift cocoa, flour, baking powder and salt together, fold in lightly. Line three of the same size pans as for the white cake; bake twenty minutes in moderate oven; put together alternately with boiled icing; cover top with icing, decorate with blanched almonds.

**Fruit Cake (See Dark Wedding Cake)**

2 cups butter	1 cup sweet milk
2 cups dark brown sugar	1 nutmeg grated
1 cup molasses	1 teaspoon allspice
5 cups flour	1 oz. cinnamon
2 eggs	1 oz. cloves
1 lb. raisins	1 teaspoon soda
1 lb. currants	$\frac{1}{2}$ lb. citron
$\frac{1}{2}$ cup maraschino cherries	

Put the butter in a bowl, and cream by working with a wooden spoon until soft and creamy; add sugar gradually and continue beating. Add the eggs, beaten until light. Mix and sift the flour, and other dry ingredients, and add alternately with the liquid ingredients. The fruit should be floured before being mixed in. Citron is cut in slices, then in thin strips. Raisins are seeded and cut, rather than chopped. Currants need only picking over, washing and rolling in flour. When the cake has been well mixed and beaten, it should be poured into greased, floured pans, and baked in a moderately hot oven. Do not remove the cake until it has risen to its full height. After that, it is well to turn to brown evenly. Test by pressing the

surface with the tip of the finger. If the cake is firm to the touch, and rises with the finger, it is done. The cake may also be tested with a straw, to be sure that it is sufficiently done. If the straw comes out clean, the cake is done. Remove the cake from the pan just as soon as it comes from the oven by inverting the pan over a covered board. If necessary, a thin knife may be slipped around the edges to loosen from the pan. This fruit cake will keep several weeks, improving with the keeping.

### Dark Wedding Cake or Christmas Fruit Cake

$\frac{1}{2}$ lb. butter	1 lb. seedless raisins
$\frac{1}{2}$ lb. butter substitute	1 lb. citron
$\frac{1}{2}$ lb. light brown sugar	$\frac{1}{4}$ lb. ginger candied
$\frac{1}{2}$ lb. cane sugar	$\frac{1}{4}$ lb. cherries
1 $\frac{1}{4}$ lb. pastry flour	$\frac{1}{4}$ lb. pineapple
2 teaspoons baking powder	$\frac{1}{4}$ lb. prunes
1 teaspoon soda	$\frac{1}{4}$ lb. orange and lemon peel
1 cup egg whites	$\frac{1}{4}$ lb. dates
1 cup egg yolks	1 lb. shelled nuts (almonds, hickory, pecans, brazil and walnuts)
2 tablespoons molasses	2 teaspoons nutmeg, cloves, all- spice, cinnamon
1 cup sour milk or cream	
$\frac{1}{2}$ cup grape juice	
$\frac{1}{2}$ cup prune juice	

Cream shortening, add sugar, gradually, beat well, add beaten egg yolks, add molasses, dissolve soda in sour milk and add to mixture. Brown two-thirds of flour in oven, sift with spices, add to mixture. Beat well, add fruit juice, then remainder of flour with which baking powder has been sifted, then chopped fruit and nuts. These should be well floured with measured flour, fold in egg whites stiffly beaten.

Bake in loaf pans or a large tube cake pan, in a slow oven, if baked in one large pan about four hours is required.

### Butternut Fruit Cake

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ lb. citron cut very fine
1 cup brown sugar	2 tablespoons molasses
2 $\frac{1}{2}$ cups flour	2 eggs
1 cup sour cream	1 teaspoon soda
1 cup chopped raisins	1 teaspoon each cinnamon, cloves and nutmeg
1 cup chopped butternuts	

Mix and sift the flour, spices and soda. Cream the shortening and sugar. Add the molasses and the eggs one at a time. Blend thoroughly and add the fruit and nuts. Add the mixed and sifted flour and beat to mix all ingredients evenly. Bake in a buttered and paper lined cake tin in a moderate oven about one hour. After the first half hour, reduce the heat, and cover the pan with a sheet of paper to keep the top of the cake from getting too well done before it is cooked through.

**Date Cake**

$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup lard	$\frac{1}{2}$ cup sour milk
$1\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ teaspoon soda
2 cups rolled oats	1 teaspoon baking powder

Sift the flour, baking powder and soda. Cream the shortening and sugar and add the rolled oats. Stir in the sour milk and fold in the flour. Bake in two thin sheets in well-buttered pan. Bake in a moderate oven about twenty minutes.

**Filling**

1 lb. dates	1 cup brown sugar
1 cup hot water	

Cut the dates in small pieces or put it through the food chopper. Cook the dates, sugar and water until thick enough to spread between the two layers. Spread when the cake is cooled.

**Spice Cake**

1 cup shortening	$\frac{3}{4}$ cup water
1 cup brown sugar	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup molasses	3 cups flour
3 eggs	1 teaspoon cinnamon
$\frac{1}{2}$ cup raisins	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{2}$ cup currants	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ cup citron	$\frac{1}{2}$ teaspoon nutmeg

Stone and clean raisins. Clean and chop citron. Mix currants, raisins and citron with one-half cup flour. Cream shortening, add sugar, then molasses, and stir well. Add beaten yolks and water. Add two and one-half cups flour, soda and spices which have been sifted together three times. Add floured fruit and beat well. Fold in stiffly beaten whites. Bake in moderate oven about one hour.

**Clove Cake**

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup sweet milk
1 cup brown sugar	$\frac{1}{2}$ cup flour
$\frac{3}{4}$ cup chopped raisins	$\frac{1}{2}$ teaspoon soda
2 eggs	1 teaspoon ground cloves

Cream butter and sugar; drop the eggs in (not beaten), add milk, then part of the flour, then the fruit and the soda and rest of the flour. Bake in loaf tin, in moderate oven thirty-five minutes.

**Coffee Cake**

$\frac{1}{2}$ cup butter	1 cup raisins
1 cup sugar	1 teaspoon cinnamon
2 cups flour	1 teaspoon cloves
$\frac{1}{2}$ cup molasses	1 teaspoon mace
2 eggs	1 teaspoon baking powder

$\frac{1}{2}$  cup coffee

Cream the butter and sugar, add the eggs and mix thoroughly. Mix and sift all dry ingredients, and add to the first mixture. Add molasses and coffee. Beat well. Bake in a loaf in a moderate oven about forty-five minutes.

### Metropolitan Cake

$\frac{1}{2}$ cup butter	5 teaspoons baking powder
2 cups sugar	$\frac{1}{4}$ teaspoon salt
4 eggs	$\frac{1}{2}$ teaspoon cinnamon
1 cup milk	$\frac{1}{4}$ teaspoon mace
$3\frac{1}{2}$ cups flour	$\frac{1}{4}$ teaspoon cloves
$\frac{1}{2}$ cup raisins or nuts	

Cream butter; add sugar gradually and cream again. Add unbeaten egg yolks and beat all until light and lemon colored. Add milk, then fold in three cups sifted flour and beat thoroughly. Add remaining one-half cup flour which has been sifted with salt and baking powder. Cut in stiffly beaten egg whites. Pour two-thirds of this batter into two layer pans. To the remaining one-third of batter add spices and raisins, which have been cut in pieces (or chopped nuts if desired), then pour into third layer pan. Bake in a moderately hot oven twenty-five to thirty minutes.

### Honey Cakes

$\frac{1}{2}$ cup shortening	1 egg
$\frac{1}{2}$ cup sugar	1 tablespoon lemon juice
1 cup honey	3 cups flour
4 teaspoons baking powder	

Cream shortening, add sugar slowly, add honey, beaten egg yolk, and lemon juice. Mix well and add flour, which has been sifted with baking powder. Fold in beaten white of egg. Bake in greased individual tins in moderate oven twenty-five to thirty minutes.

### Molasses Gems

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup boiling water
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup molasses	$\frac{1}{4}$ teaspoon grated nutmeg
$\frac{1}{2}$ teaspoon baking soda	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup seedless raisins	

Stir shortening, sugar and molasses until smooth. Add baking soda, which has been dissolved in hot water. Add cinnamon and nutmeg. Add raisins to sifted flour, and stir into the other ingredients. Brush gem pans with melted shortening and fill half full. Bake in slow oven twenty minutes.



**Economy Ginger Gems**

$\frac{1}{4}$ cup melted shortening	$\frac{1}{2}$ cup molasses
1 egg	$\frac{1}{2}$ cup sour milk
$1\frac{1}{4}$ cups flour	1 teaspoon ginger
1 teaspoon cinnamon	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup sugar	

Mix and sift dry ingredients. Stir in unbeaten egg together with molasses, corn syrup, and sour milk. Add melted shortening. Stir with spoon on the bottom of the dish until it makes a soft dough. Put in greased, shallow pan and bake forty-five minutes in moderate oven. If in the form of cup cakes bake about twenty minutes. Serves eight. Serve with whipped cream. (Fruit juice may be substituted for the sour milk.)

**Roxbury Cakes**

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup granulated sugar	$\frac{1}{2}$ cup molasses
1 teaspoon mixed spices	$\frac{1}{2}$ cup sour milk
Few gratings nutmeg	1 teaspoon soda
$\frac{1}{2}$ cup English walnuts, chopped	$1\frac{1}{2}$ cups flour
2 eggs	

Cream the butter, add sugar gradually, then the eggs; mix the dry ingredients, flour, soda, spices. Mix the molasses and sour milk, add to the butter, sugar and egg mixture, alternating with the dry ingredients. Add raisins and nuts, dredged with flour, at last. Bake in buttered gem-pans in a moderate oven twenty minutes. Do not fill pans too full as they will more than double their bulk.

**Fancy Mocha Cakes**

$\frac{1}{2}$ cup butter	2 teaspoons baking powder
1 cup sugar	2 eggs
$\frac{1}{2}$ teaspoon vanilla	1 cup very strong coffee
2 cups flour	

Cream butter and sugar and add beaten yolks of eggs. Stir in the cold coffee, vanilla, flour which has been sifted twice with the baking powder. Fold in the stiffly beaten egg whites and bake in sheets in a moderate oven twenty-five minutes. When cool, cut the sheets into any desired shapes, round, square, crescent, or oblong. Cover with confectioner's frosting and roll sides in cocoanut. Decorate tops with nut meats, stiff marmalade or candied fruit.

**Cream Puffs**

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon salt
1 cup flour	4 eggs
1 cup boiling water	

Add the salt and butter to the water. When boiling, add the flour all at once, stirring constantly until the mixture leaves the side of

the pan. Remove from the fire and add the unbeaten eggs, one at a time, beating continually. Drop by spoonfuls on to a slightly greased pan which has been lightly dusted with flour, about two inches apart. Bake in a moderate oven for about twenty-five minutes. When cool, with a sharp knife, make a cut in the top or side and with a pastry tube fill with cream filling.

### Chocolate Eclairs

Shape cream puff mixture on buttered sheets in oblong pieces about four inches long, and one and one-half inches wide, placed four inches apart. As soon as they are done, ice with chocolate or vanilla frosting. When icing is cold, cut the eclairs on the side and fill either with whipped cream, a custard, or preserved fruit.

### Cocoanut Puffs

Whites of 3 eggs	1 teaspoon cornstarch
1 cup sugar	Vanilla
Cocoanut enough to make stiff	

Beat whites of eggs very light and stiff, add sugar and cornstarch, dissolved in a very little water, and stirred into the eggs and sugar. Put on a double boiler and cook over boiling water for twenty or twenty-five minutes. Stir occasionally to prevent sticking, then add cocoanut enough to stand up well when dropped on buttered tins. It takes one-half pound or a little more for this recipe. Flavor with vanilla and drop on tins. Bake eight to ten minutes in a moderate oven.

### Date Torte

6 small eggs	2 cups dates
$\frac{1}{2}$ cup sugar	3 teaspoons baking powder
1 cup almonds	$\frac{1}{2}$ teaspoon salt

Put nuts and dates through a food chopper, then dredge with flour, and rub with tips of fingers like in pie crust. Mix with beaten egg yolks and sugar. Add baking powder and salt. Cut in stiffly beaten egg whites. Bake in tube pan in a moderate oven for about one and one-fourth hours.

### Lemon Blitz Torte

$\frac{1}{2}$ cup butter	3 tablespoons milk
$\frac{1}{4}$ cup powdered sugar	Vanilla
4 egg yolks	4 egg whites
1 cup flour	1 cup granulated sugar
1 teaspoon baking powder	$\frac{1}{2}$ lb. chopped blanched almonds
	(if desired)

Cream the butter and add the powdered sugar gradually and the beaten egg yolks. Add the flour mixed with the baking powder alter-

nately with the milk. Add the vanilla, spread in two shallow pans and cover with the beaten egg whites to which the cup of granulated sugar has been added and beaten thoroughly. Add one teaspoon baking powder. Sprinkle with the almonds. Bake in a moderate oven about forty-five minutes. Cool and put the layers together with lemon filling. The meringue will form sufficient decoration for the top.

### Lemon Filling

$\frac{1}{2}$ cup sugar	2 egg yolks
$1\frac{1}{2}$ teaspoons cornstarch	1 lemon
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup water
1 tablespoon butter	

Mix the dry ingredients, add the slightly beaten egg yolks, the juice and grated rind of the lemon and the water. Cook in a double boiler until thick stirring constantly. Add the butter.

### Almond Cake Torte

8 eggs	$\frac{1}{2}$ pound ground almonds
$1\frac{1}{2}$ cups powdered sugar	1 teaspoon flavoring
1 teaspoon baking powder	

Beat powdered sugar, egg yolks and flavoring. Add stiffly beaten egg white, fold in almond powder to which baking powder has been added. Bake in slow oven for about forty to sixty minutes. Use ungreased angel cake pan and invert cake after removal from oven for at least one-half hour. Cover with one-half pint stiffly whipped cream to which two cups of finely ground peanut brittle has been added.

### Schaum Torte

6 egg whites	1 teaspoon vinegar or lemon
2 cups granulated sugar	juice
1 teaspoon flavoring	

Beat eggs stiffly, add sugar gradually, add vanilla and vinegar. Fold into greased pan and bake in moderate oven for about one hour depending upon the thickness of Torte. Very good, baked in layers with whipped cream or gelatine between.

### Ginger Snaps

1 cup molasses	$\frac{1}{2}$ cup butter
1 teaspoon soda	1 tablespoon ginger
$\frac{1}{2}$ cup sugar	Flour to roll very thin

Mix molasses, sugar, ginger and butter, stir over the fire until the butter is melted, then stir in quickly three cups of flour in which has been sifted the pulverized soda. Knead the dough until it becomes smooth and set on ice, over night if possible. Roll as thin as paste-board and bake in a quick oven about eight minutes.

### Ginger Bolivars

1 cup molasses	$\frac{1}{2}$ cup soft butter
2 tablespoons warm milk or water	1 teaspoon soda
1 tablespoon ginger	Flour to mix soft as can be handled on the board

Mix in order given, sifting soda with flour. Shake on a floured board into balls the size of a hickory nut. Lay on a sheet and flatten with a smooth tumbler to one-half inch thick. Bake in hot oven fifteen minutes.

### Hutty Cutty Ginger Cookies

3 cups sugar	3 tablespoons ginger
$1\frac{1}{2}$ cups butter and lard	5 eggs
$1\frac{1}{2}$ cups honey	4 teaspoons soda
$1\frac{1}{2}$ cups molasses	6 teaspoons baking powder
2 tablespoons cinnamon	$1\frac{1}{2}$ teaspoons salt
14 or 15 cups flour	

Cream butter, lard and sugar; add unbeaten eggs and beat; add honey, molasses, spices, soda, salt, baking powder and six cups flour. Beat thoroughly and gradually add remainder of flour, adding just enough to handle. Roll to desired thickness, cut and bake in hot oven.

### Soft Ginger Cookies (Sour Cream)

$\frac{3}{4}$ cup solid shortening	1 teaspoon salt
$\frac{3}{4}$ cup brown sugar	1 tablespoon ginger
$\frac{3}{4}$ cup molasses	$\frac{1}{2}$ cup sour cream
3 to 4 cups flour	$\frac{1}{2}$ teaspoon soda
2 eggs	1 teaspoon baking powder

Cream shortening, sugar well. Add eggs, one at a time and beat until light and creamy. Add molasses. Sift dry ingredients and add with sour cream. Chill dough. Roll thin and cut into large cookies. Bake in hot oven for fifteen to twenty minutes.

### Molasses Wafers

1 cup molasses	1 tablespoon ginger
$\frac{1}{2}$ cup shortening	$1\frac{1}{2}$ teaspoons salt
$3\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon soda

Heat molasses to boiling point, and pour over the shortening. Add dry ingredients, mixed and sifted, chill. Put one-fourth of mixture on floured board, roll as thin as possible, and cut. Place on buttered sheet and bake in moderate oven twelve minutes. During rolling, bowl containing mixture should be kept in a cool place or it will be necessary to add more flour, which makes cookies hard, rather than crisp or short.

**Nut Molasses Bars**

$\frac{1}{2}$ cup butter	$3\frac{3}{4}$ cups flour
$\frac{1}{4}$ cup boiling water	$\frac{1}{2}$ teaspoon ginger
$\frac{1}{2}$ cup brown sugar	$\frac{1}{8}$ teaspoon cloves
$\frac{1}{2}$ cup molasses	1 teaspoon salt
1 teaspoon soda	$\frac{1}{2}$ cup cocoanut
$\frac{1}{2}$ cup English walnuts	

Pour boiling water over fat; add sugar and molasses, sift together flour, soda, spices and salt. Add liquid gradually to dry ingredients. Chill. Roll one-eighth inch thick. Cut in strips three and one-half by one inch. Sprinkle with cocoanut and English walnuts, cut in small pieces. Bake about twelve minutes in a moderate oven.

**Butterscotch Cookies**

2 cups sugar	1 cup molasses
1 cup butter	1 teaspoon cinnamon
6 whole eggs	1 teaspoon soda
7 cups flour	2 teaspoons baking powder

Mix and sift dry ingredients. Cream butter and sugar, add eggs; mix and beat thoroughly; add molasses and then add flour. Knead well, toss on well floured board, roll out thin, cut in fancy shapes; bake in hot oven fifteen minutes.

**Plain Cookies**

$\frac{1}{2}$ cup butter	2 eggs, beaten light
1 cup sugar	1 tablespoon milk
$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon nutmeg
$1\frac{1}{2}$ teaspoons baking powder	Grated rind of 1 lemon

Cream the butter, beat in the sugar, eggs, milk and the flour which has been sifted and mixed with the baking powder. Roll the dough very thin, cut into shapes, put in a lightly buttered tin, and bake in a quick oven for about twelve minutes.

**Sugar Cookies**

$\frac{3}{4}$ cup butter	$\frac{1}{4}$ cup milk
1 cup sugar	2 teaspoons baking powder
1 egg	1 teaspoon flavoring
About 3 cups flour	

Mix and sift the flour with the baking powder. Cream the shortening and sugar thoroughly and add the egg. Beat well and add the milk. Add the flavoring and then fold in the flour. When thick enough to handle, toss on a floured board and knead well. Sprinkle the board with granulated sugar. Roll out small pieces of dough at a time. Roll about one-fourth inch thick. Cut with cookie cutter, and



lay with sugared side up on a greased cookie sheet. Bake in a moderate oven about fifteen minutes.

### Soft Jumbles

1½ cups sugar	1 teaspoon soda
1 cup sour milk or cream	3 cups flour
¾ cup butter	3 eggs

Flavor to taste

Mix and sift the flour with the soda. Cream the shortening and sugar and add the well-beaten eggs. Stir in the sour cream and add the flour. Drop from a spoon on a well-buttered baking sheet and bake in a moderate oven fifteen minutes. Leave enough space between the cakes so they can spread without running into each other.

### Old Fashioned Sour Cream Cookies

1 cup sugar	3 cups flour
1 teaspoon salt	1 teaspoon soda
1 teaspoon nutmeg	1 cup shortening (lard and butter preferred)
1 cup thick, sour cream	
	1 egg

Sift together sugar, flour, salt, soda and nutmeg. Add shortening and work into the dry ingredients with finger tips—add well-beaten egg and part of sour cream, cutting liquid into the dry ingredients by means of a knife. Add balance of sour cream to form a soft dough. Let stand an hour or more and roll out. If desired, sugar may be sprinkled over dough after it is rolled out. Bake in hot oven.

### Grandmother's Cookies

½ cup shortening	1 teaspoon baking soda
1 cup sugar	½ cup sour milk
	4 cups flour, or enough to handle

Cream shortening and sugar until smooth; add sour milk; then baking soda dissolved in one teaspoon boiling water. Sift flour, and add to mixture. Dust bake board with flour, turn out the dough; roll one-fourth inch thick, and cut with cruller cutter. Sprinkle with granulated sugar; bake 12 minutes in hot oven.

### Oatmeal and Fig Cookie

2 cups rolled oats	¼ cup butter
2 cups flour	¼ cup sugar
1 teaspoon salt	½ cup water

Mix dry ingredients. Cream fat and sugar thoroughly. Add water and dry ingredients to that. Form into a mass and roll very thin.

Cut with biscuit cutter. Place filling on one and cover with another. Bake in slow oven until slightly brown. Use inverted tin.

### Filling

$\frac{1}{2}$  cup fig marmalade

$\frac{1}{2}$  cup sugar

### Date Cookies

1 cup brown sugar

1 cup lard

2 cups flour

$\frac{1}{2}$  teaspoon salt

3 cups rolled oats

$\frac{1}{2}$  teaspoon soda

Mix all together as for pie. Add one-half cup sour milk. Roll thin and cut. Sprinkle with sugar and bake in hot oven until brown.

### Filling

1 lb. dates

$\frac{1}{2}$  cup water

$\frac{1}{2}$  cup sugar

Cook together and when cold spread between cookies.

### Date Bars

1 cup solid shortening

$\frac{1}{4}$  teaspoon baking soda

1 cup sugar

2 teaspoons baking powder

2 eggs

3 to 3 $\frac{1}{2}$  cups flour

$\frac{1}{2}$  cup sour milk or buttermilk

Cream sugar and shortening. Add unbeaten eggs and beat. Add sour milk and remaining dry ingredients. Roll dough in square shape and spread half with date filling, cover with other half of cookie dough and cut. Place on cookie sheet and bake in a moderately hot oven, for about fifteen minutes. If sweet milk is used omit baking soda.

### Date Filling

2 cups chopped dates

$\frac{1}{2}$  cup water

$\frac{1}{2}$  cup sugar

$\frac{1}{2}$  cup nuts

To dates which have been stoned and chopped, add sugar and water and simmer for ten minutes. Remove from fire, cool, add chopped nuts.

### Date Rocks

1 cup butter

3 $\frac{1}{2}$  cups flour

$\frac{1}{4}$  cup sugar

1 teaspoon cinnamon

3 eggs

1 cup nut meats

1 lb. dates

Cream the butter and eggs, and then add the sugar, and beat to a cream. Add the flour, sifted with the spice, and then add the broken nut meats and the dates stoned and cut into small bits. Roll out and bake on buttered sheets in a moderately hot oven for fifteen minutes.

### Fruit Crisp

$\frac{1}{2}$ cup butter	1 tablespoon lemon juice
1 cup sugar	Grated rind of an orange
2 eggs	Pastry flour
Candied peel, fruit, nuts	

Cream butter, add sugar, grated orange, and lemon juice, one egg and yolk of another, well beaten. Then add enough sifted pastry flour to form a dough that will knead. Chill over night. Roll very thin and cut in fancy shapes. Brush over with beaten egg white mixed with two tablespoons of cold water, and decorate with fancy designs, done in strips of candied fruits, peel, etc. Bake until crisp.

### Lemon Sticks

$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup lard, butter, or other
$\frac{1}{4}$ teaspoon salt	shortening and ice water to
	make a stiff dough

Roll out one-fourth inch thick and cut into strips one inch by four inches. Bake in a quick oven fifteen minutes. When cool, split and fill with lemon filling.

### Filling

$\frac{1}{2}$ cup sugar	1 egg
1 tablespoon flour	1 tablespoon butter
1 lemon, juice and rind	Cook together until thick

### Cocoanut Cream Cookies

2 eggs	3 cups flour
1 cup sugar	3 teaspoons baking powder
$\frac{1}{2}$ cup shredded cocoanut	1 teaspoon salt
1 cup heavy cream	1 teaspoon almond flavoring

Beat eggs, add sugar and cream thoroughly; then add the cream and flavoring; add flour in which salt and baking powder are sifted. Add cocoanut last. Roll out, cut in small squares, bake on a buttered tin in a moderate oven fifteen minutes.

### Peanut Cookies

2 tablespoons butter	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup sugar	1 egg
$\frac{1}{2}$ cup flour	2 tablespoons milk
1 teaspoon baking powder	$\frac{1}{2}$ teaspoon lemon juice
$\frac{1}{2}$ cup chopped peanuts	

Mix same as cake. Drop a teaspoonful on a tin, keeping cookies one inch apart. Place one-half peanut on top of each and bake in a slow oven about fifteen minutes.

**Walnut Wafers**

1 cup brown sugar	1 teaspoon baking powder
1 cup walnut meats, chopped	1 egg
6 teaspoons flour	

Beat egg well and add to the rest of the ingredients. Drop small drops in well-buttered pans and bake in a moderate oven.

**Strudel**

4 large potatoes	$\frac{1}{2}$ cup milk
2 cups flour	$\frac{1}{4}$ pound butter
2 eggs	Sugar, cinnamon, salt enough to flavor
$\frac{1}{2}$ pound walnuts	
$\frac{1}{4}$ pound butter	

Boil potatoes; mash them. When cold put on noodle board. Add the flour. Work until dough is smooth. Chop walnuts. Boil with milk for ten minutes. Roll the dough. Spread cold nuts on dough. Shake a little cinnamon and sugar over entire surface. Roll up the dough. Roll in napkin. Boil from twenty to twenty-five minutes. Take out, cut in pieces, brown with butter. Sprinkle cinnamon and powdered sugar.

**Chocolate Jumbles**

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon vanilla
1 cup sugar	2 teaspoons baking powder
4 tablespoons cocoa	2 eggs
1 tablespoon milk	2 cups flour, and enough more to roll out

Mix ingredients as for cake. Toss on a floured board, and roll one-half inch thick. Cut with a doughnut cutter. Just before putting into oven, sprinkle with granulated sugar. Bake in a moderate oven fifteen minutes.

**Bangor Brownies**

$\frac{1}{2}$ cup butter	1 cup chopped walnuts
3 squares chocolate	1 cup sugar
2 eggs	$\frac{1}{2}$ cup sifted flour
1 teaspoon vanilla	

Cream butter and sugar; add melted chocolate, eggs slightly beaten, nuts and flour. Bake a thin layer, on a cookie sheet for ten minutes in a moderate oven. When done, cut in strips or squares.

**Sand Tarts**

$\frac{1}{2}$ cup butter	2 teaspoons baking powder
1 cup brown sugar	$\frac{1}{2}$ teaspoon salt
1 egg	$\frac{1}{2}$ cup sugar
1 to $1\frac{1}{2}$ cups sifted flour	$\frac{1}{8}$ teaspoon cinnamon

Cream butter; add sugar and cream again. Add unbeaten egg and mix well. Add flour which has been sifted with baking powder and

salt. Roll to one-eighth inch thickness and cut in diamond shapes. Brush over top with beaten egg white and sprinkle with sugar and cinnamon which have been mixed together. Nuts or raisins may be placed on top. Bake fifteen minutes in a hot oven.

### Rich Little Tea Cakes

$\frac{3}{4}$ cup butter	2 cups flour
1 cup granulated sugar	1 teaspoon baking powder
Grated rind of 1 lemon	$\frac{1}{2}$ teaspoon salt
5 eggs	1 teaspoon vanilla

Cream the butter and sifted granulated sugar. Add the grated rind of the lemon; then add the well-beaten eggs alternately with the flour mixed and sifted with the baking powder and salt. Beat well, and after the flour is all in, add the vanilla. Turn into a pastry bag and half fill small patty tins which have been greased with butter. Bake fifteen minutes in a slow oven.

### Bavarian Rings

$\frac{1}{2}$ pound flour	1 pound butter
1 pound sugar	2 eggs
1 teaspoon cinnamon	

Cream the egg yolks, butter and sugar. Add the flour and one egg slightly beaten (beaten to a froth, but not too stiff). Roll the dough out, cut thin strips, make into rings, glaze the tops with the other egg white beaten, sprinkle with brown sugar and bake in a moderately hot oven until medium brown.

### Eggless Cookies

2 cups flour	3 tablespoons butter
4 teaspoons baking powder	$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup milk
3 teaspoons spice	

Mix like biscuit. Roll one-quarter inch thick, and cut with cookie cutter. Bake in hot oven about fifteen minutes.

### Maple Spice Drops

1 cup maple syrup	$\frac{1}{4}$ teaspoon each ground nutmeg,
3 egg yolks	cloves, cinnamon
$\frac{1}{2}$ cup butter	3 teaspoons baking powder
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon salt

Flour

To one cup of maple syrup, add well-beaten yolks of three eggs, the butter, milk and spices. Add the baking powder, salt, sifted with flour enough to make stiff dough. Drop small spoonfuls in buttered tins, baking in a quick oven fifteen minutes.



**Swiss Macaroons**

1 pound sugar	12 ounces shredded almonds
4 ounces cornstarch	2 oranges (grated rind)
4 ounces ground almonds	2 eggs

Sift sugar and cornstarch twice, add the rest of the ingredients, stirring in the beaten eggs. With buttered hands shape the mixture into balls the size of a walnut and bake on pans covered with oiled paper in moderate oven about fifteen minutes.

## CHAPTER V

### PASTRY

**T**HE uses to which pie crust can be put are so varied that it would be almost impossible to enumerate them. But it can be said that there are few doughs that lend themselves as well to so many kinds of dishes, as does good pastry.

Meat and fish pie crusts, salad accompaniments and patty cases, large and small tarts, open faced and two-crust ed pies, fried pies, baked goodies and any number of dishes are made with pastry as a foundation.

Plain pastry, chopped paste, puff paste, are all of them put to many more uses than almost any other one kind of mixture. One advantage which this kind of dough has over others is that it can be kept in reserve in the refrigerator and used as needed. Trimmings need never be discarded. They can be gathered and used a second day or several days later. The trimmings from a pie can be used with grated cheese for cheese straws, or rolled out to make pastry shells which can be filled with any kind of mixture. Fresh or cooked fruit on which a meringue is used, makes a delightful dessert. Filled with creamed meat or fish, these little pastry cases make very satisfactory entrees. They can be made quite small or as large as the dough permits.

Good flour, fresh fat and cold water are the three primary ingredients in pastry making. A light, quick hand with a little practice and good pastry can be made by anyone. The proportion of fat to flour determines the richness of the product and to some extent the method of handling. In plain pastry, the usual proportion is one-fourth cup of fat to one cup of flour.

For custard and fresh fruit fillings, it is best to bake the crust first and then fill it. If a meringue is used, the pie may be put back into the oven to brown the meringue. When two-crust pies are made, enough time must be allowed for the filling to cook.

For everyday purposes, the plain pie crust makes a good pie. The puff pastry takes more time and care and should be reserved for special occasions. There are some cooks to whom it is no trouble to make puff pastry, but these are in the minority. A good, plain paste serves a variety of purposes. With pastry in the refrigerator it is always possible to have a freshly baked sweet for dinner. Make just a small quantity at a time, and bake it while there are other things

in the oven. Even little jelly turnovers made of pastry with a spoon of jelly in the middle make an acceptable dessert when served fresh from the oven.

### Plain Rich Pastry

1 cup flour	$\frac{1}{2}$ cup butter or
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup butter and lard

Sift the flour and salt together, chop in the fat with a knife, add the water slowly, handling lightly. Place the dough on the board, roll out and cut to fit the size of pie plate.

### Puff Paste

$\frac{1}{2}$ pound flour	$\frac{1}{2}$ pound butter
$\frac{1}{2}$ teaspoon salt	Ice water

Keep everything clean and cold. Wash butter in cold water, reserve one-third pound. Divide remaining two-thirds into four equal parts, and pat each into a thin sheet. Set these sheets on ice. Mix and sift flour and salt. Cut and rub reserved butter into it, and make as stiff as possible with ice water. Dust moulding board slightly with flour. Turn the paste on to board. Knead for one minute. Place on ice and let stand five minutes. Beat and roll paste into oblong sheets, one-third inch thick. Place one sheet of butter on middle of paste. Fold paste; letting the right third fold under. The paste is now in a rectangular shape, and with a little care in rolling can be kept so through all the subsequent foldings and rollings. Roll out to one-fourth inch thick, and fold as before, but without butter. The third time of folding, enclose second piece of butter, and continue adding it at every alternate rolling until butter has all been used. As there were four sheets of butter, that will make eight times folding and rolling the paste. Finally, give one or two extra turns. Lay on ice until needed for use. It is better to lie for several hours before being baked. If the paste sticks to board or tin, lay on ice until chilled through. Scrape board clean. Polish with dry cloth, and dust with fresh flour before using again. Use as little flour in rolling as possible, but use enough to keep the paste dry. Roll with a light, even, long stroke in every direction, but never work the rolling pin back and forth, as that kneads the paste and toughens it besides breaking the bubbles of air. The numbers of layers of butter and paste make it flaky, and every bubble of air that is folded in helps it to rise and puff in baking.

### Almond Pastry

$\frac{7}{8}$ cup flour	5 eggs
6 tablespoons butter	$\frac{1}{2}$ cup almond paste
$\frac{1}{2}$ cup sugar	

Melt butter in a bowl, taking care it does not get too hot. Break eggs into another bowl; add sugar. Stand bowl in a saucepan of boiling water, and whip the mixture for twenty minutes. Do not let it get too hot. Take the bowl from the water, add the almond paste crumbled fine; beat until smooth, and add the butter, and last of all, sift in the flour, stirring lightly all the time. Line a round jelly cake pan with buttered paper neatly fitted and standing one inch above the edge. Bake in a rather quick oven for one-half hour. When it is done, no marks should remain on it when pressed with the finger.

### Lemon Apple Pie

2½ cups chopped apples	Juice and grated rind of one
1 cup sugar	lemon
½ cup cracker crumbs	½ cup water

Mix sugar, crumbs and lemon with chopped apple, then add egg and water which have been blended. Fill pie shell, cover with crust and bake in moderate oven for about forty-five minutes.

### Apple Pie

5 or 6 apples	½ teaspoon cinnamon
½ cup sugar	Few gratings of nutmeg
1 teaspoon butter	Once the rule for plain paste

Divide the paste, line the plate, prepare the top sheet. Pare and core and cut the apples into eighths. Pile into pie tin as high above the edge as the bottom of the plate is below. Add sugar and spices mixed together, dot with butter, brush the rim of paste with cold water. Lay the top paste over and press edges together firmly. Bake forty to forty-five minutes in moderate oven.

### Cream Pie

1 pint scalded milk	3 eggs
3 tablespoons sugar	1 tablespoon pulverized sugar
2 tablespoons cornstarch	½ teaspoon vanilla

Dissolve cornstarch in a little cold milk. Beat yolks and one white with sugar. Then add cornstarch. Pour scalded milk on mixture and cook in double boiler until it is the consistency of blanc mange. Cool and add vanilla. Fill pie crusts. Beat the two remaining whites of eggs stiff and add pulverized sugar. Spread over pies and brown slightly in oven. This will make two medium pies.

### Custard Pie

2 cups milk	¼ teaspoon nutmeg
1 teaspoon flour	½ teaspoon salt
½ cup sugar	3 eggs
½ teaspoon flavoring extract	

Line a deep pie plate with plain paste. Rub the flour smooth with one-half cup cold milk, add to the remainder of milk scalded. Cook

five minutes. Beat eggs, and combine with sugar and salt. Pour mixture over this slowly. Add flavoring, strain into the plate. Bake slowly. It is done when the knife blade makes a clean cut.

### Lemon Pie

1 cup sugar	1 cup boiling water
2 eggs	1 teaspoon butter
3 tablespoons cornstarch	Juice of 1 lemon
Grated rind of $\frac{1}{2}$ lemon	

Mix sugar and cornstarch. Add boiling water slowly, and cook until clear. Add butter, beaten egg yolks, and lemon. Cool mixture. Line a pie plate for plain pastry; with a fork prick the bottom, or use a perforated pie pan. Bake the crust to a light brown. When done, pour in the lemon mixture. Whip the whites of eggs very stiff. Add six or eight tablespoons sugar. Spread this mixture over the top for a meringue. Return to the oven and brown slightly. Meringue browned in a moderate oven stands up better than when browned in a hot oven or broiler.

### Plain Mince Meat

Four pounds lean beef from neck. Cook in a little water for three and one-half hours. Remove gristle and bone, and when cold, chop fine. Reduce liquor to one pint, and add to chopped meat. Combine with it the following:

1½ lbs. suet, chopped fine	4 teaspoons salt
2 lbs. sugar	2 lbs. raisins
1 lb. currants	$\frac{1}{2}$ lb. citron, shredded
Juice and grated rind of 3 oranges and 3 lemons	2 teaspoons mace
4 teaspoons cinnamon	1 qt. boiled cider
5 quarts chopped apple	1 teaspoon cloves

Cook together 30 minutes; seal in Mason jars, and keep in a cool place.

### Rich Mince Meat

1 lb. fresh beef	1 lb. tongue
$\frac{1}{2}$ lb. salt pork scalded and chopped very fine	1 lb. sultana raisins
1 lb. large raisins, seeded	$\frac{3}{4}$ lb. sugar
1 lb. currants	1 pint rich stock
$\frac{1}{4}$ lb. granulated sugar, caramel	Fruit juices or a soft jelly
	1 pint boiled cider

Simmer until well blended. Add one tablespoon salt, two teaspoons cinnamon, one teaspoon allspice, one teaspoon cloves, one teaspoon mace, one teaspoon nutmeg, one-half pound citron, shredded. Cool and taste. Add more seasoning if liked. Pack in glass jars. When



ready to use, add two and one-half cups chopped raw apples to each cup of the mince. Partly cook and put into the pies hot, adding lemon, grated rind and juice.

### Eggless Pumpkin Pie

1 can canned pumpkin No. 2	2 tablespoons cornstarch
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon each ginger, cinna-
$\frac{1}{2}$ cup molasses	mon, spices and salt
$\frac{1}{2}$ cup milk	

Heat the milk in a double boiler, add cornstarch dissolved in a small amount of cold water, and cook until thickened, stirring constantly. Mix all the other ingredients, and pour into pie tin lined with pastry. Bake in moderately hot oven until the edges of crust are browned and the mixture set.

### One Egg Pumpkin Pie

2 cups canned pumpkin	1 egg
$\frac{1}{2}$ cup brown sugar	1 teaspoon each ginger, cinna-
$\frac{1}{2}$ cup white sugar	mon, nutmeg
1 tablespoon cornstarch	1 teaspoon salt

Mix sugar, spices, salt and cornstarch. Beat egg and add to pumpkin just as it comes from the can. Mix liquid and dry materials, and bake in pastry-lined pie plate.

### Pumpkin Pie

1 cup mashed pumpkin	$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ teaspoon salt	1 egg
1 saltspoon mace	$\frac{1}{2}$ cup scalded milk
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{2}$ cup scalded cream

Line a deep pie plate with plain paste. A rim of puff paste may be laid around the edge. Combine first four ingredients. Beat egg and mix with sugar. Pour milk and cream into this slowly. Combine with pumpkin mixture and pour into pie. Time: thirty-five to forty minutes, in moderate oven.

### Rhubarb Pie

1 pt. rhubarb, cut in small pieces	$\frac{1}{2}$ cup cold water
$\frac{3}{4}$ cup sugar	1 teaspoon melted butter
1 tablespoon cornstarch	Plain pastry

Mix rhubarb and sugar. Cook sauce until it is thick. Add cornstarch dissolved in water. Cook mixture until it is clear. Add melted butter. Invert pie pan. Cover with plain pastry, fitting the pan carefully. Trim off edges if necessary. Prick top with fork. Set pan on thin sheet in order that edge of crust may not touch floor of

oven. Bake pastry in quick oven fifteen minutes, or until well done and a good brown. Slip crust from outside of pan and place it on inside. Fill with rhubarb mixture and heap meringue lightly on top. Brown meringue slightly in slow oven.

*Meringue:* Whites of two eggs, six to eight tablespoons sugar. Beat whites of eggs until stiff; add sugar gradually. Beat mixture until it will stand alone.

### Sweet Potato Pie

Boil sweet potatoes until well done. Peel and slice them. Line deep pie pan with good plain paste, and arrange sliced potatoes in layers, dotting with butter and sprinkling with sugar, cinnamon, and nutmeg over each layer, using at least one-half cup sugar. Pour over about one-fourth cup water, cover with pastry and bake in moderate oven twenty-five minutes; serve hot.

### Sour Cream Pie

1 cup sour cream	1 egg white
$\frac{1}{2}$ cup seeded raisins, chopped fine	1 cup sugar
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{4}$ teaspoon cloves
	3 egg yolks

Bake like lemon pie, using two egg whites, six tablespoons sugar for meringue. Put on after pie is baked, and brown in oven. If not liked that way, stir all three whites in together before baking.

### Brambles

1 lemon grated whole	1 tablespoon cracker dust
$\frac{1}{2}$ cup sugar	1 cup raisins seeded and chopped
	1 egg

Roll trimmings of puff paste as thin as possible. Put a layer of paste on a baking dish, spread with above mixture, and cover with another flat of paste. Mark off with a pastry jagger in strips four by two inches and bake in a quick oven.

Another richer filling is made by chopping very fine:

$\frac{1}{4}$ lb. figs	$\frac{1}{4}$ cup nuts
2 oz. citron	2 oz. seeded raisins
	1 egg well beaten

Use like above and bake in a hot oven twenty minutes.

### Chocolate Meringue Pie

Make custard of one and one-half cups cream, one and one-half cups sugar, and four egg yolks. Add one-fourth cup butter, and one cup grated chocolate. Pour mixture into pan, lined with pastry and bake

until filling is firm. Make meringue of the four egg whites, one-half cup powdered sugar, and one-half teaspoon vanilla. Cover pie with meringue, bake fifteen minutes in a very slow oven.

### Cheese Pie

1 cup cottage cheese	1 tablespoon melted butter
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon salt
$\frac{2}{3}$ cup milk	$\frac{1}{2}$ teaspoon flavoring lemon or
2 eggs	vanilla

Cream cheese and sugar, slowly add milk and egg yolks. Add melted butter and flavor. Mix thoroughly, and put into baked pie shell. Bake in moderate oven until mixture is set. Make a meringue of the two stiffly beaten egg whites, and two tablespoons sugar, and spread over the top. Return to the oven and brown slowly. This mixture is enough for one pie or six little tarts.

### Mock Cherry Pie

Cover the bottom of a pie plate with paste. Reserve enough for upper crust. For filling use:

1 cup cranberries, cut in halves	$\frac{1}{2}$ cup raisins, seeded and cut in
$\frac{3}{4}$ cup sugar	pieces
2 tablespoons flour	Lump of butter size of wal-
	nut

Bake thirty minutes in moderate oven. Some prefer more sugar.

### Nut Custard Pie

Line a pie plate with pastry and bake. Make a custard, using two cups milk, two eggs well beaten, with one-half cup sugar, and one-quarter cup flour, mixed smooth with a little cold milk. Season to taste, and add a salt spoon of salt. Cook the mixture until thickened, add one cup finely chopped nut meats, and fill the crust. Cover with a meringue, and set in the oven to slightly brown.

### Patty Cases

Make the rule for puff paste. It will be sufficient for six large cases or ten small ones. To shape the paste for patty, roll one-fourth inch thick, and stamp out with two and one-fourth inch cutter twice as many pieces as you wish shells. Cut centers from one-half of them, leaving rim about one-half inch wide. Lay these rings on the whole rounds, pressing them down that they may stick together. In very cold weather it may be necessary to wet the top of the large rounds near the edge to make sure that the rings shall not slip. To make very deep shells, roll the paste about one-eighth inch thick, and lay on

two rings or even three; but they are troublesome to make, as they are apt to slip to one side. The oven should be as hot as for baking white bread. Patty shells should rise in ten minutes, and then take about twenty minutes longer to bake through and brown. There will usually be a little soft dough in the center that should be picked out with a fork, taking great care not to break through the side or bottom crust.

### Cherry Tart

Line a deep pie dish with plain paste. Pick over one and one-half pounds cherries. Turn a cup upside down in the middle. Fill around it with the fruit. Add sugar to taste. Lay a wide strip of plain paste around the edge of the dish. Cover and press the edges firmly together with a pastry jagger. Bake in hot oven twenty-five minutes and serve with powdered sugar, sprinkled thickly on top. All juicy fruits are excellent cooked in the same way.

### Creamed Apple Tart

3 cups sliced apples	Juice of $\frac{1}{2}$ lemon
$\frac{1}{2}$ cup brown sugar	2 cups boiled custard
Grated rind of $\frac{1}{2}$ lemon	Once the rule for plain paste

Line a small, deep pudding dish with pastry, add apples, sugar and lemon, cover with upper paste and bake for forty minutes in moderate oven. When done, lift the crust and pour in the boiled custard. Return the cover, and serve ice cold.

### Wafers

2 cups whole wheat flour	2 tablespoons butter
$\frac{1}{2}$ teaspoon salt	Milk

Mix and sift dry ingredients; cut and rub in butter. Make a stiff dough with milk. Take bits of dough double the size of an English walnut, and roll them the size of an eight-inch plate. Bake in quick oven until lightly browned.

### Cheese Straws

1 cup grated sharp cheese	2 tablespoons shortening
$\frac{1}{2}$ cup cornstarch	1 teaspoon Worcestershire Sauce
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ teaspoon salt
1 rounded teaspoon baking powder	Dash of paprika
	1 egg
$\frac{1}{2}$ cup milk	

Sift cornstarch, flour, salt and baking powder into bowl; add cheese and mix lightly with fork; then add the fat (which must be cold) very slowly and rub lightly until well mixed. Beat the egg with two

tablespoons of milk and sauce. If not enough to moisten, add a little more milk so the mixture can be put on floured board and rolled out one-fourth inch thick. Cut strips one-fourth inch wide and four inches long. Drop in deep, hot fat, fry a nice light brown; drain on paper and serve with salad.

### Scotch Shortbread

1 lb. flour

$\frac{1}{2}$  lb. butter

$\frac{1}{4}$  lb. light brown sugar

1 tablespoon caraway seed

Mix flour and butter together with hands, then add sugar and seeds mixed, knead paste smooth, roll out one-half inch thick and cut in oblong cakes. Prick all over and bake in moderate oven one-half hour.



## CHAPTER VI

### ICES AND FILLINGS

#### Boiled Frosting

2 cups sugar	$\frac{1}{4}$ teaspoon cream of tartar
$\frac{1}{2}$ cup water	2 or 3 egg whites

Boil the water, sugar and cream of tartar until it forms a soft ball in cold water. Pour in a fine stream on the egg white, beaten very stiff. Beat as you pour. Continue beating until stiff and smooth. Spread on a cold cake. Dip knife in warm water.

#### Chocolate Filling

1 cup sugar	$\frac{1}{4}$ cup milk
2 squares chocolate, grated	2 tablespoons cornstarch in
1 teaspoon vanilla	$\frac{1}{4}$ cup milk

Boil first four ingredients together for five minutes. Add cornstarch in milk, and boil for three minutes more. Beat until cool, and add vanilla.

#### Chocolate Filling

1 egg yolk	$\frac{1}{4}$ cake chocolate
$\frac{1}{2}$ cup sweet milk	1 cup sugar

Flavor with vanilla, and cook like custard.

#### Caramel Frosting

2 cups granulated sugar	Cream
1 cup hot water	

Caramelize sugar, remove from stove, add water, boil until soft ball is formed in water, remove from stove and beat, adding cream until mixture is of spreading consistency.

#### Chocolate Icing

Melt one ounce chocolate, add one teaspoon powdered sugar, and add to the boiled frosting until it is as dark as you wish.

#### Chocolate Icing

2 tablespoons melted chocolate	5 tablespoons powdered sugar
3 tablespoons boiling water	

Cook over the fire until smooth and glossy. Dip the tops of eclairs in this as they come from the oven.

### Chocolate Syrup

Mix one cup of sugar with one-half cup cocoa, and three-fourths cup of warm water with a few grains of salt. Cook slowly, and allow to boil about three minutes. Cool and bottle to use as desired.

### Chocolate Mocha Frosting

$\frac{1}{2}$ cup butter	2 teaspoons strong coffee infusion
2 cups confectioners sugar	
1 teaspoon cocoa	1 cup chopped nuts

Cream the butter, add sugar gradually while beating. Add cocoa and coffee gradually, and lastly the nuts. Spread on cake with a silver knife.

### Cream Filling

$1\frac{1}{2}$ cups scalded milk	$\frac{1}{2}$ cup flour
$\frac{2}{3}$ cup sugar	2 eggs
$\frac{1}{4}$ teaspoon salt	

Beat the sugar, flour, eggs, and salt together, and stir into the scalded milk. Cook fifteen minutes, stirring often. When cold, flavor with vanilla. Cut a small slit in the side of the eclair, and fill with a pastry tube.

### Gelatine

Dissolve one teaspoon gelatine in three tablespoons warm water; add one cup pulverized sugar, and beat until smooth. Flavor to taste.

### Lemon Filling

The grated rind and juice of one large lemon, one cup sugar, two eggs (or four yolks), one tablespoon butter. Cook all together over boiling water until thick, and use when cool.

### Lemon Filling

4 eggs	1 cup sugar
4 tablespoons flour	1 cup hot water
Juice and rind of 1 lemon	

Beat the egg yolks slightly. Add the sugar and flour. Mix thoroughly. Add hot water and lemon juice and rind. Cook over hot water until filling is thick and smooth. When slightly cooled, fold in two whites beaten stiff. To the other two egg whites add three tablespoons sugar and beat until stiff. Use this to make top meringue when the filling is used for pies and tarts.

### Orange Frosting

Grate the thin rind of an orange and soak it one-half hour in five teaspoons lemon juice. Squeeze the juice through a fine muslin, and use like the lemon in Quick Frosting.

### Quick Frosting

The white of one egg, one teaspoon lemon juice, one scant cup powdered sugar, stirred together until the sugar is all wet, then beat with a fork for just five minutes. Spread on the cake while warm.

### Sugar Glacé

One cup powdered sugar, one tablespoon lemon juice, about one tablespoon boiling water; beat hard until smooth and semi-transparent. Spread on the cake as soon as taken from oven.

### Sour Cream Filling for Cakes

Sweeten and chill a cup of sour cream. Whip it, keeping it cold while doing so. When stiff, add a cup of chopped nuts. If the cream does not become stiff, add one teaspoon of melted gelatine at the last, and set on ice. This makes an excellent filling for layer cake.

### Vanilla Icing

Beat two egg whites very stiff. Add one and one-half cups powdered sugar, a little at a time. Flavor with a teaspoon of vanilla.

### Fruit Filling

1 cup stoned raisins	$\frac{1}{2}$ lb. figs
$\frac{1}{2}$ lb. blanched almonds	$\frac{1}{2}$ lb. citron

All chopped fine. Add enough frosting to make a soft paste.

### Mocha Frosting

$\frac{1}{2}$ cup fat	1 tablespoon cocoa
2 cups confectioners sugar	2 tablespoons strong coffee

Cream fat, add sugar gradually while beating. Add cocoa and coffee gradually. Spread on cake with knife.

### Ornamental Frosting

One cup sifted powdered sugar, one teaspoon lemon juice, white of egg. Beat egg until it is all frothy, but not dry. Sprinkle over three teaspoons sugar; beat five minutes. Add one teaspoon each five minutes until quite thick; then put in lemon juice. Beat with a fork, and when a point of it will stand in any position, it is ready to press through a pastry tube upon the cake which should be already covered with a smooth, plain frosting and dry.

### Almond Cream Filling

The whites of two eggs beaten stiff, with two cups of XXX sugar, one teaspoon extract of vanilla, one pint blanched almonds chopped

fine; walnuts, pecans, hickory and butter nuts are used in the same way.

### Almond Filling

1 cup XXX sugar	1 cup blanched almonds, pounded
$\frac{1}{2}$ cup sour thick cream	or grated
1 tablespoon vanilla	

### Maple Fondant

One cup maple sugar, one-half cup thinned cream. Boil together fifteen minutes; take from fire, and stir constantly until it stiffens; spread quickly on warm cake as it hardens very fast.

### Fondant

Two cups sugar, one cup water, a bit of cream of tartar one-half as large as a pea. Boil without stirring until a little dropped into ice water can be gathered into a ball and rolled like wax between the fingers. Cool and stir to a soft cream. Add flavor or coloring while cold, then soften over hot water and spread while warm.

### Fudge Frosting

Melt two ounces chocolate over hot water. Add two cups sugar and one cup milk. Stir while sugar melts. When it reaches the boiling point, beat vigorously, and let cook to the soft ball stage, which is 236 degrees F. Remove from the fire, add two tablespoons butter, and let stand until cold. Then beat until creamy, and spread on cake. A very delicious, uncooked frosting is made from powdered sugar, melted chocolate or cocoa, and strong, hot coffee, enough to moisten. Vanilla can be added if desired. But a few grains of salt are absolutely essential. It should be well beaten, and so smooth it can be spread on the cake without lumping. If the combination of these two flavors is not liked, it can be made from butter and moistened with a few drops of milk,

## CHAPTER VII

### MEATS

**M**EAT often is the main dish around which the housewife builds her dinner. And yet how few housewives make a study of the cuts of meat and their uses! A careful study of meat charts, personal trips to the meat market, the choice of various cuts from day to day and the trying out of a variety of ways of preparing them are the best means by which the housewife can secure the desired information.

Every housewife knows that she pays a great deal more for certain cuts of the animal than for other cuts. The so called choice cuts comprise only about one-fourth of the animal and are in great demand by the public. This demand is based upon a slight advantage in flavor, tenderness and in ease of preparation for the table. The less demanded cuts are from parts of the animal which have been used more, they are slightly more muscular and take a longer time to prepare. When one chooses a cheaper cut of meat she is not depriving her family of the best on the market, she is exercising wise judgment in the cutting down of the family budget.

It is best never to hunt meat bargains. Select a good meat market, make yourself known to the butcher and always insist upon seeing your cuts before making a purchase.

There are certain characteristics which identify the various kinds of meat. It is well to keep them in mind when making selections of meat.

*Beef*—firm, of even texture, bright red in color or marbled with fat through the lean flesh, and the suet white or pale cream in color.

*Veal*—less firm, pink in color, little marbling of fat, fat almost clear white.

*Lamb*—pale red and firm, fat creamy white and firm.

*Mutton*—dull red, fat hard and white or white with a slight yellow tinge.

*Pork*—Dark pink, fat smooth and less hard than beef suet. All meats need the same care in cooking. When meat is to be roasted, the oven should be very hot when the meat is put in, so the pores will be seared to retain the juices. After the meat has been in the oven for a few minutes, the heat should be reduced to finish cooking it. The same is true of meats other than those roasted, except when soup is prepared. Then the meat is cooked in cold water to draw out the juices as quickly as possible.



All meats should be wiped with a damp cloth when they come into the house, and put away in a cool place until they are to be used. No meat should be left in the paper in which it is delivered, nor should it be left in a heated room for any length of time. The best food is easily spoiled through careless handling.

## BEEF

### Pan Broiled Steak

Wipe and trim as above, heating iron frying pan smoking hot and rub with fat. Lay the steak in the pan, sear each side quickly, then draw back to cook more slowly about four minutes turning often. When done, lift to a hot platter, add salt and pepper, dissolve the glaze in frying pan in two or three tablespoons of hot water, pour over the steak and serve.

### Parisian Round Steak

Season two pounds of round steak with salt, pepper, paprika, and a pinch of cayenne. Roll in flour and fry in butter until well browned on both sides. Add two onions, sliced, and cover with a well seasoned tomato sauce; place in oven about thirty minutes and serve hot with French fried potatoes.

### Pot Roast

Four to six pounds from the middle or face of the rump, or the round. Wipe with a clean wet cloth. Sear all over by placing in a hot frying pan with fat trimmings from the meat, and turning until all the surfaces are browned. Put in a kettle with one cup of water and place it where it will keep just below the boiling point. Do not let the water cook entirely away, but add only enough to keep the meat from burning. Have the cover fitted closely to keep in the steam. Cook until very tender, but do not let it break. Add seasonings after the first half hour of cooking. Serve hot or cold.

### Roast Beef

Wipe and rub the joint with salt and pepper and dredge with flour. Have the oven hot for the first ten or fifteen minutes to sear the surfaces. Reduce heat, add water to cover the bottom of the pan and baste every fifteen minutes if self-basting roaster is not used. Let the water cook away toward the last. After the meat is done remove this to a hot platter. Add one pint of hot water to sediment left in the pan after the fat has been poured off, place on the stove and scrape all the glaze from the bottom and sides of the pan. When it boils add a thickening made of two teaspoons of flour rubbed smooth with four

tablespoons of cold water, pouring it in slowly. Boil well, add salt and pepper to taste, and strain into a hot sauce bowl.

### Russian Beef Roll

3 lbs. round steak and	2 tablespoons butter
1 lb. suet, chopped together	1 cup hot water
5 onions	Salt
1 clove of garlic	Pepper
1 teaspoon chipped green pepper	1 teaspoon each of nutmeg and
1 egg	parsley
1 cup bread crumbs	

Season the meat adding the onions, garlic and green pepper chopped fine. Add the egg well beaten, bread crumbs, and the butter melted in hot water. Mix well and make into a loaf. Bake slowly one hour. Serve hot.

### Scotch Roll

5 lbs. beef from flank	$\frac{1}{2}$ teaspoon cloves
2 tablespoons salt	1 teaspoon summer savory
1 tablespoon sugar	3 tablespoons vinegar
$\frac{1}{2}$ teaspoon pepper	5 tablespoons flour

Remove the tough skin from about five pounds of the flank of beef. A portion of the meat will be found thicker than the rest. With a sharp knife cut a thin layer from the thick part and lay it upon the pan. Mix together two tablespoons of salt, one of sugar, one-half teaspoon of pepper, one-eighth of a teaspoon of cloves and one teaspoon of summer savory. Sprinkle this over the meat and then sprinkle with three tablespoons of vinegar; roll up and tie with twine. Put away in a cold place for twelve hours; when it has stood this time, place in a covered stew pan, with boiling water to cover, and simmer gently for three and one-half hours. Mix five tablespoons of flour with one-half cup of cold water and stir into the gravy. Season to taste with salt and pepper. Simmer one-half hour longer. Serve hot or cold.

### Stewed Steak

For this use a cut from the round. First pan broil until well browned, add water to nearly cover the seasoning. Cover closely and simmer till very tender. Lift the meat to deep platter, skim the gravy if it shows much fat, add to it one tablespoon flour wet in cold water, more salt and pepper if needed, and a few drops of catsup or horse radish.

### Chopped Steak en Casserole

2 cups chopped steak	1 cup pearl barley
Seasonings	

Put two cups of chopped steak in the center of a well buttered casserole. Flavor with celery salt, salt, pepper, mace and a little

mushroom catsup or Worcestershire. Surround the steak with one cup of barley; pour two cups of boiling water over it, and bake in a moderate oven for one and one-half hours. Keep closely covered while cooking. Just before serving, cover with a brown gravy or tomato sauce. Serve hot in the dish in which it has been cooked.

### Beef Stew

2 lbs. lean beef from round, or	Carrot } $\frac{1}{2}$ cup each, cut in
2 $\frac{1}{2}$ lbs. if there is a bone	Turnip } $\frac{1}{2}$ inch cubes
1 quart water	$\frac{1}{2}$ small onion cut in thin slices
2 cups potatoes cut in $\frac{1}{4}$ inch slices	3 tablespoons flour
	Salt and pepper

Wipe meat with wet cloth, separate meat, bone and fat; try out some of the fat in frying pan, cut meat into one and one-half inch tubes, sprinkle with salt and pepper and dredge with flour. Sear the meat in the hot fat, stirring constantly. When all surfaces are well browned put in the kettle; cover and let boil up once, skim and then simmer for two and one-half hours. Add carrot, turnip and onion the last hour of cooking. Parboil the potatoes and add to stew fifteen minutes before taking from the fire. Remove bone, large pieces of fat, and skin; thicken with three tablespoons of flour diluted with enough cold water to pour easily. Let the stew come to a boil again and cook ten minutes. Mutton, lamb or veal can be cooked in this manner. When veal is used, try out two slices of pork, as there will not be much fat on the meat. Lamb and mutton should have some of the fat put aside and butter substituted.

### Hash

The best meat for a hash is from a stew or the sides of a la mode beef; the corned beef is excellent and any scraps of cold meat can be used if care be taken to first simmer until tender all tough bits. Mince evenly but not too fine, allowing one-fourth fat to lean. Add an equal bulk of chopped, freshly cooked potatoes, mix well together and season with salt and pepper; moisten with cream, gravy or rich broth, put a tablespoon of butter or good beef drippings in a frying pan and when smoking hot, add the hash even over the top. Cook over a moderate heat for twenty minutes without stirring so that a brown crust may form over the bottom, fold over and turn out like an omelet on a hot platter. This hash may be baked in the oven instead of over the fire.

### Beef Hash Pudding

2 lbs. cooked beef	1 tablespoon tomato catsup
2 large onions	$\frac{1}{2}$ cup bread crumbs
3 tablespoons butter	1 tablespoon flour
2 cups stock, or water	

Cut the meat into thin slices. Peel and cut onions into thin slices. Melt two tablespoons of butter, add the onions and cook over the fire, shaking gently from time to time until they are a golden brown, then add a tablespoon of flour and cook until browned. Add the stock stirring all the time, and then the catsup and cook for five minutes. In a casserole or fireproof dish place alternate layers of the onions and the meat, cover with the bread crumbs mixed with one tablespoon of melted butter, and brown in a hot oven.

### Grillades in Gravy

Beat and pound a round steak and cut into pieces ready to serve. Season with salt, pepper and cayenne. Chop two large onions and cook in an iron skillet in hot lard until brown, add a head of garlic chopped fine and brown with a tablespoon flour. Add two large tomatoes sliced thin and when the tomatoes are browned add the pieces of meat. Cover closely and let brown on either side. Then add a tablespoon of vinegar and a cup of water. Cut into thin slices a pint of okra, and cook all until the okra and meat are both tender. Season again with salt and pepper, cook about ten minutes after the seasoning is added and the dish is ready to serve. This dish should be served as soon as it is ready if the okra is used. The okra does not improve on standing.

### Braised Beef

3 lbs. beef from round	Carrot	} ½ cup each cut in dice
2 slices salt pork	Turnip	
6 peppercorns	Onion	
3 cups boiling water	Celery	

Try out fat and remove pieces from frying pan. Trim and wipe meat, season with salt and pepper and dredge with flour. Sear in the fat until all surfaces are brown. Place on trivet in deep granite or earthen dish, surround with vegetables and peppercorns, add three cups boiling water. Cover closely and bake slowly four hours. Baste often and turn once. Serve with a brown gravy made from juices in pan.

### Broiled Beefsteak

Wipe with cloth wrung out of hot water and trim off any superfluous fat. Place on hot broiler, which has been rubbed with fat, cook over clear fire, turning every ten seconds the first minute to sear the surface. Steak one inch thick requires six minutes if liked rare, eight minutes if well done. Remove to hot platter, season with salt and pepper and serve with Mushroom Sauce, Tomato Sauce, or Maitre d'Hotel Butter.



**Corned Beef**

Select a piece of lean beef well streaked with fat that has been corned only three days. Wipe the meat and tie securely in shape. Put in kettle, cover with cold water and bring slowly to boiling point. Boil five minutes, remove scum and cook at a lower temperature until tender. Cool slightly in water in which it was cooked, remove to a dish, cover and place on cover a weight.

**Creole Steak**

1 lb. chopped round steak	Yolk of 1 egg
$\frac{1}{2}$ cup tomato pulp	1 teaspoon salt
$\frac{1}{2}$ cup bread crumbs	$\frac{1}{4}$ teaspoon pepper
Onion	

Mix thoroughly and bake in covered pan in moderate oven one-half hour. Uncover and take twenty minutes to brown. Serve with tomato sauce. This is nice when steamed in a melon mould. Mould may be lined with cooked rice.

**Hungarian Goulash**

2 lbs. beef	2 large potatoes
2 medium sized onions	6 tablespoons fat
2 tablespoons flour	$\frac{1}{2}$ teaspoon paprika
2 teaspoons salt	

Cut the meat into small cubes and sprinkle with salt and pepper. Put four tablespoons of fat into the kettle in which the goulash is to be cooked and add the onions cut into small pieces. When the onion begins to brown add the meat and two cups of hot water. Let simmer gently; when the meat is nearly done, add the potatoes cut in cubes and cook until both the meat and potato are tender. Just before removing from the fire make a thickening from two tablespoons fat and two tablespoons flour. Brown the flour in a pan, add the fat and when both are well blended add to the goulash and cook for two or three minutes.

**Cabbage Rolls**

8 cabbage leaves parboiled	1 $\frac{1}{4}$ cups cooked rice
$\frac{1}{2}$ teaspoon onion juice	1 $\frac{1}{2}$ teaspoons salt
1 $\frac{1}{4}$ cups ground round steak	$\frac{1}{4}$ teaspoon pepper
1 egg	5 tablespoons beef fat

Mix cooked rice and meat. Add egg, salt, pepper, onion juice and one tablespoon fat and mix well. Wrap in parboiled cabbage leaves, fastening leaves with toothpicks. Put in baking pan and brush the tops with fat, pouring rest of the fat in pan. Bake in a moderate oven forty-five minutes.



**Egyptian Croquettes**

2 cups cold cooked beef	1 tablespoon celery
1 small onion	1 cup bread crumbs
1 tablespoon parsley	2 eggs

**Seasoning**

Chop fine the beef, onion, celery and parsley, seasoning well with salt, pepper and curry powder. Mix with well beaten egg and bread crumbs. Form into croquettes, roll in bread crumbs and fry in deep fat until well browned. Serve with boiled rice and tomato sauce if desired.

**Broiled Meat Cakes or Hamburg Steak**

Chop raw lean beef quite fine, season with salt, pepper and a little onion juice. Make it into small flat cakes and broil on a well greased gridiron, or in a hot frying pan. Serve very hot with butter or Maitre d'Hotel Sauce. Make the proportion about one-fourth fat to three-fourths lean meat. The seasoning for this is in the proportion of one teaspoon of salt, one saltspoon pepper and a few drops of onion juice for one pint of meat after it is chopped.

**Baltimore Meat Pie**

Cover bottom of small greased baking dish with hot mashed potatoes, add a thick layer of sliced underdone meat, either beef, mutton, veal or chicken, chopped in small pieces; pour over gravy, more salt and pepper if needed, cover with a thin layer of mashed potatoes and bake in a hot oven long enough to heat through.

**PORK****Roast Leg of Pork**

Trim and wipe the meat. If used with the skin on, score it in inch squares, taking care to cut only through the skin. Make a cut just below the knuckle, slide the knife up along the bone and turn it outward, making a half dozen cuts two-thirds of the way to the skin and fill them with stuffing. Sprinkle with salt and pepper, place on rack in roasting pan, dredge with flour. For roasting, follow directions given for roast pork. Half an hour before serving sprinkle with one tablespoon cracker crumbs seasoned with pepper, salt and sage. Serve with apple sauce.

**Breakfast Sausage**

Take an ordinary skillet with a cover. Add a little butter and brown the sausage, turning to prevent burning. Pour in enough boiling water to cover the bottom half an inch deep, reduce heat and cover skillet.

Let the sausage cook slowly in this way for ten minutes, then remove the cover and increase the heat to finish browning. Pour the rich gravy over the sausage to serve.

### **Fried Salt Pork**

Remove the rind and cut the pork in quarter inch slices. Freshen, if very salty, and fry slowly and evenly until dry. It is used as a garnish for fish, fishballs, tripe, etc.; may be used as a lunch or breakfast dish with baked potatoes and a white gravy made like white sauce, using the pork fat in place of butter.

### **Roast Loin Rib**

The meat is usually cut quite close from these and used for steaks. Follow the general directions for roasting and allow thirty minutes for each pound. Serve with apples roasted in the same pan or fried. Save all the drippings from the baking pan and see that the glaze is all dissolved. If the oven has not been too hot this fat will serve for frying and the gravy can be made to serve with the cold roast.

### **Alexandria Pork**

Cut two pounds pork into dice. Into a small saucepan put three-fourths cup lard; add one-half cup cold water, and bring to boiling point. Into a bowl sift four cups flour and one teaspoon salt; pour into this the boiling lard and water, and mix to a paste with a wooden spoon. Turn out on a floured baking board and, as soon as it is cool enough, knead it well with hands. Cut off one-fourth paste and keep it in a warm place; with remainder, line a plain, well-greased cake tin. Dip pork into cold water, season with salt and white pepper and fill mould with it. Roll out piece of paste, which was put on one side, fit it onto top of mould, press the two edges together, then trim. From trimmings of paste cut out some garnishes, make a hole in the top of the pie and arrange the garnishes around it. Brush over with beaten egg and bake.

### **Baked Pork Tenderloin**

Trim and wipe the tenderloins. Split them nearly through so that they will lie flat. Rub with salt and pepper. Make a dressing with bread crumbs, butter, salt, pepper, onion and a little sage. Spread the dressing on half the tenderloin; turn the other half over it and tie or sew all around. Bake forty-five minutes, basting often with three tablespoons of butter in one-fourth cup of boiling water. Remove to hot platter; make gravy of the broth and pour over.

### Broiled Pork Tenderloin

Trim and wipe meat, split open and broil. Season with pepper, salt and one freshly powdered sage leaf for each one. Place on hot broiler and brown thoroughly, but do not turn. Serve on hot platter with melted butter.

### Kopustai—Stuffed Cabbage Rolls (Polish)

1 head cabbage	3 eggs
$\frac{1}{2}$ lb. each pork and beef, ground	$\frac{1}{2}$ cup rice
1 cup bread crumbs	3 tablespoons lard

Mix pork, beef, eggs, bread crumbs together, mixing well, adding the par-boiled rice, season well with salt, pepper and paprika. Place in crisp cabbage leaves, using toothpicks to hold together. Boil at least thirty-five minutes. Then place in pan of hot sauce, placing in oven until brown. Keep in slow oven at least twenty minutes. Serve with tomato sauce, or bake in oven with hot sauce for forty minutes.

### Ham and Chicken Pie

Cut a tender chicken into neat pieces free from bone and with as little skin as possible. Season it with salt, pepper, powdered mace, paprika and chopped parsley; add one-half pound ham cut into small pieces, and mix together. Take a dish just large enough to hold the meat, rinse it out with cold water and leave it wet. Then garnish the bottom of the dish with sections of hard-cooked eggs, chopped pickles and parsley. Fill up with the chicken mixture; press the meat well down, making it level with the top of the dish. Pour in one-half cup rich white stock, or just enough to moisten the meat. Cover the pie with pastry and bake in a moderate oven until the chicken is tender when it is tested with a fork. When ready, remove the pie from the oven and pour in as much rich stock as the pie will hold. If the stock is not stiff enough a little gelatine must first be dissolved in it. Then set the pie away until it is quite cold. At serving time remove the pastry from the top, place it upside down on a clean dish and turn the jellied chicken carefully out on the top. Garnish round the sides of the pie with parsley and chopped aspic jelly. Serve with beet onion salad.

### Ham Puffs

3 oz. finely chopped ham	1 pint flour
$\frac{2}{3}$ teaspoon curry powder	1 pint boiling water

Add the flour all at once to the boiling water and stir briskly until the mixture leaves the side of the pan. Take it from the fire and beat in the unbeaten eggs, one at a time. Stir in the ham and seasonings

and fry in deep hot fat a dessertspoonful of the batter at a time. Fry a golden brown, drain on paper and garnish with parsley.

### Ham Cakes

$\frac{1}{4}$  lb. minced ham  
2 cups mashed potatoes

1 tablespoon melted butter  
2 tablespoons cream

2 eggs

Beat the potatoes until light adding the rest of the ingredients. Form into balls and fry in a little lard to a light brown. Serve with a thick brown gravy.

### English Ham Loaf

Chop equal quantities of cold cooked veal and ham. Butter a baking dish and place in layers of veal, ham, cold boiled macaroni and sliced hard boiled eggs. Season each layer with salt, pepper, chopped parsley and a pinch of nutmeg. Add one cup of milk, and bake until well browned over the top. This makes a delicious dish for dinner served hot, and may be sliced cold and served on crisp lettuce with mayonnaise dressing.

### Broiled Ham

Cut the ham in very thin slices, soak one hour in luke warm water, drain, wipe and broil three minutes.

### Stuffed Ham

Soak a ten or twelve pound ham in cold water over night, in the morning wash and trim carefully. Remove the bone and fill with stuffing. Sew up the slit where the bone was taken out and bind the ham firmly in a strong piece of cotton. Cook slowly for three or four hours and cool in the bandage. When cold, remove the bandage, the rind and the brown fat. Sprinkle with sugar and fine crumbs. Bake one hour in a slow oven.

### Stuffing

1 lb. chestnuts  
1 can mushrooms  
6 truffles  
1 slice raw ham  
1 egg  
1 oz. mustard seed

2 cucumber pickles  
 $\frac{1}{4}$  teaspoon allspice  
 $\frac{1}{4}$  teaspoon cloves  
2 tablespoons minced parsley  
2 teaspoons salt  
1 tablespoon onion

Boil the nuts till tender enough to chop fine; cut the truffles into strips and chop all the other ingredients. Add seasonings and spices, bind all together with a raw egg.

**Scalloped Ham and Potato**

6 potatoes  
Pepper

$\frac{3}{4}$  lb. ham  
1 pint milk

Pare and slice the potatoes. Cut ham into pieces suitable for serving. Place ham in bottom of casserole, lay potatoes on top. Sprinkle with pepper and add the milk. Cover and bake very slowly in the oven until potatoes are soft. Yield: four large servings.

**Ham Flakes (Czecho-Slovak)**

2 cups flour  
3 eggs  
1 teaspoon salt

$\frac{1}{2}$  teaspoon pepper  
3 teaspoons butter  
 $\frac{1}{2}$  lb. ham

$\frac{3}{4}$  pint milk (1 $\frac{1}{2}$  cups)

Sift two cups of flour with one teaspoon of salt. Make a noodle dough using one egg to one cup of flour and cut it into small flake-like squares. Have boiling water ready, throw the flakes in and cook them twenty minutes. Bake the flakes and cut the boiled ham into small pieces. Then strain the flakes, mix with the ham, add salt and pepper and pour on the milk. Beat your third egg and spread it over the whole dish. Dot the top with butter, then bake for twenty-five minutes until the flakes are reddish brown.

**Breakfast Bacon No. I**

Remove rind and cut bacon in thin slices, cook in hot frying pan turning slices frequently until crisp and brown; drain on brown paper.

**Breakfast Bacon No. II**

Remove the rind and cut the bacon in thin slices. Place the slices on a broiler over a dripping pan and bake in a hot oven until bacon is crisp, turn once during baking. Drain on soft paper. Oysters may be wrapped in thin slices of bacon and baked in this way.

**Bacon and Apples**

Core and halve apples and place cut side up in a glass pie plate; set in hot oven until apples are nearly soft, then lay a thin slice of bacon over each and let cook until crisp and brown, turn if desirable; garnish with parsley; serve baked potatoes with the combination for a luncheon dish.

**Bacon Cups**

Form required number of rather large slices of bacon into cups, pinning the ends together with toothpicks. Place on end in a shallow



baking pan, and fill with the following mixture; one cup of bread crumbs, a little finely chopped celery, onion, sweet pepper, salt, pepper and one tablespoon of melted butter, with enough tomato sauce or highly seasoned stewed tomato to moisten. Cover tops with crumbs, dot with a little butter and bake in a hot oven until "cups" are brown.

### Liver and Bacon

Prepare bacon as directed for breakfast bacon. Cut liver in slices, one-third inch thick. Cover with boiling water and let stand five minutes. Dry well, and roll in seasoned flour. Lay slices in smoking hot bacon fat. When they are browned on each side, they will be sufficiently cooked. Serve on hot platter and garnish with slices of bacon.

### Southern Tamale

Sliced bacon	$\frac{1}{2}$ can corn
4 tomatoes	2 tablespoons butter
1 green pepper	$\frac{1}{2}$ cup bread crumbs

#### Seasoning

Line a glass baking dish with lightly browned, cooked bacon; slice over it four tomatoes, or same amount of canned tomatoes; sprinkle with salt, pepper and one teaspoon of sugar and a few crumbs and dot with butter. Over this sprinkle one green sweet pepper minced, or half a finely minced onion. Then add an inch layer of fresh or canned corn which has been salted to taste and one-half a teaspoon of sugar. Then dot with butter and add another layer of tomato seasonings, cover with crumbs, dot with butter, bake half an hour in a hot oven, and when nearly done lay very thin slices of bacon over the top and let it get crisp and brown, turning if necessary.

### Savory Hominy and Bacon

Place cooked hominy into a shallow buttered baking dish, first seasoning with salt, pepper and one tablespoon of butter; over this pour a thick layer of seasoned cooked tomato—or sliced tomatoes in their season—then a few browned crumbs, and over all thin slices of bacon and cook until bacon is brown and crisp, turning once.

### Birds' Nests

Make "nests" of mashed potato on a buttered glass baking dish, brush with beaten egg with a very little water added; set in hot oven until a light brown, then break a raw egg on each, sprinkle with salt and pepper, lay a thin slice of bacon over and return to the oven until egg is set and bacon crisped.

### Bacon Patties

Make baking powder biscuit in two thin layers, brushing bottom one with melted butter before putting on the top; brush top with milk and bake in hot oven; brush top with more melted butter to make very tender. Remove tops and place a thin slice of cooked bacon in each; let ends extend; serve at once on a hot platter with a little hot cream sauce poured around at the last minute. Garnish with thin slices of hard boiled eggs laid over the sauce and minced parsley over all.

### Concordia Bacon and Tomato

On rounds of buttered bread lay halves of large round tomatoes, cut side up; sprinkle with sugar, salt and pepper and a little finely minced onion and sweet pepper. Place in a shallow, buttered pan or glass pie plate and set in the oven until tomato is partly cooked, and then lay over each half a slice of bacon and let it crisp and brown; turn when half done. This is a most delicious lunch or supper dish. The pepper may be omitted and canned whole tomatoes, drained from juice, used instead.

### Corn Fritters and Bacon

$\frac{1}{2}$ can corn or same amount of fresh corn	Pepper
$\frac{1}{2}$ teaspoon baking powder	1 or 2 teaspoons milk
1 tablespoon butter	Bacon
Paprika	1 egg
	1 teaspoon salt

Make batter, adding beaten white of egg last and drop by spoonfuls into bacon fat (from bacon previously fried and kept hot). Lay on a hot platter and garnish with bacon, serving a slice on each fritter.

## VEAL

### Roast Veal Single

Use rack of ribs of veal for this roast. Trim and wipe meat; season with salt and pepper, and rub with butter, dredge with flour, and place in hot roasting oven. Oven should be heated very hot at the beginning, and roast should be turned twice in first fifteen minutes to thoroughly sear surface of meat and seal up the juice. After this a cup of boiling water should be poured in the bottom of the pan. Meat should be basted with a little broth or stock and roasted steadily for two and one-half hours longer, basting once in every fifteen minutes. After first basting, liquor in bottom of pan may be used for this purpose. If liquor in bottom of pan seems exhausted after basting, add a little more water to prevent burning. Eight potatoes peeled and laid

in pan during last three-fourths of an hour that meat is roasting are excellent garnish and accompaniment. Potatoes should always be basted when meat is basted to insure their good flavor with juices of meat and nicely browned.

### Breast of Veal

Bone, trim and wipe six lb. breast of veal; pound to uniform thickness. Rub both sides with salt and pepper. Spread evenly with stuffing to within an inch of the edges. Roll loosely, and sew or tie in shape. Place on rack in roasting pan. Lay narrow strips of fat salt pork over top and dredge with flour. Cook in a hot oven until brown. Baste with two tablespoons melted butter and one cup hot water. Reduce oven heat, finish roasting, allowing one-half hour for each pound of meat, with an extra half hour if the roast is large.

#### Stuffing

2 cups fine cracker crumbs	1 egg
1 tablespoon thyme or summer savory	1 cup hot water
$\frac{1}{2}$ teaspoon pepper	1 teaspoon salt
	$\frac{1}{2}$ teaspoon onion juice
2 tablespoons butter, melted	

### Veal Cutlets Broiled

Trim and wipe six loin cutlets, season with pepper, salt and one tablespoon salad oil, turning several times. Broil over slow fire five minutes for each side. Serve on hot dish with Maitre de Hotel butter. Veal cutlets may be broiled and served with highly seasoned sauce, garnished with stuffed peppers.

### Veal Cutlets

Use slices from upper part of leg, wipe meat and trim into pieces for individual serving. Sprinkle with salt and pepper, roll in flour, eggs and crumbs; fry slowly until well browned in fat pork or butter. Melt three tablespoons butter in frying pan with three tablespoons flour, cook together, add gradually one and one-half cups of water or meat stock with seasonings. Strain this over cutlets and cook slowly forty minutes or until tender. Serve on deep platter with gravy, garnish with tomato and lemon.

### Meat Loaf with Hard Cooked Eggs

1 lb. veal	$\frac{1}{2}$ teaspoon onion juice
1 lb. beef	$\frac{1}{2}$ tablespoon chopped parsley
$\frac{1}{2}$ teaspoon each of thyme and marjoram or	4 eggs
1 tablespoon poultry seasoning	$\frac{1}{2}$ cup bread crumbs
Pepper	Salt

Chop the veal, beef, and pork together and season, using salt and pepper to taste. Mix with bread crumbs and two well beaten eggs. Butter a mould and fill half full with meat mixture. On this place lengthwise two whole hard cooked eggs, then fill with rest of mixture. Place tablespoon melted butter on top, and bake in a slow oven one and one-half hours. When served, the meat will have a round slice of hard cooked egg in each slice of meat. Parsley may be used for garnish, and meat may be served hot or cold.

### Veal Loaf

3 lbs. lean veal	4 tablespoons cream
$\frac{1}{2}$ lb. fat salt pork	$\frac{1}{2}$ tablespoon lemon juice
1 egg	1 tablespoon salt
4 rolled crackers	1 teaspoon pepper
Few drops onion juice	

Wipe veal, remove skin and membranes, chop fine with salt pork; mix all together, pack into bread pan, brush with egg white, bake slowly two and one-half hours, basting with melted butter. Remove from pan, cut in thin slices for serving.

### Veal Souffles

2 cups chopped cooked meat	1 teaspoon chopped parsley
2 tablespoons flour	$\frac{1}{2}$ teaspoon salt
3 beaten eggs	Few grains cayenne
2 cups milk	

Melt butter, add flour and seasoning, stir until smooth. Pour in milk a little at a time and cook until it thickens; add meat. When it is heated through, fold in beaten eggs, pour in buttered dish. Bake twenty minutes.

### Veal Pot Pie

3 cups cooked veal	1 teaspoon chopped onion
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon pepper

Pile loosely in three pint can; fill to almost cover meat with gravy, stock or water. Cover and set on top of stove to heat.

### Crust

2 cups flour	$\frac{1}{4}$ cup milk
$\frac{1}{4}$ teaspoon salt	3 teaspoons baking powder
2 tablespoons butter	

Sift flour, salt and baking powder, rub into it the butter; add cold milk slowly, shape into flat cake to fit pan. Cut a hole to let steam escape. Lay over boiling meat. Bake forty minutes.

**Fillet of Veal**

8 lbs. fillet	3 tablespoons flour
1½ cup ham forcemeat	½ teaspoon pepper
½ lb. salt pork	2 tablespoons salt
4 tablespoons butter	½ lemon

Remove fat from fillet of veal, trim and wipe, stuff hole formed by fillet with forcemeat. Skewer and tie the fillet into round shape. Rub salt and pepper into veal. Cut pork into thin slices, and put them under and over. Have oven hot enough at first to brown surfaces. Baste with water when browned and frequently thereafter until roast is done, keeping bottom of pan covered with water. Roast three hours. Reduce oven heat after first baking. Remove pork after first two hours of cooking. Spread top of fillet with butter and dredge with flour. Repeat this in thirty minutes. Surface should be a rich brown. Remove roast to hot platter.

*Gravy:* Brown two tablespoons butter with three of flour. Add one cup water or stock and cook until smooth. Drain fat from roasting pan. Add one cup of water and boil. Add to this, thickening mixture, more seasonings if needed, and the juice of one-half lemon. Strain and pour around the fillet. Garnish with slices of lemon.

**Veal Fricassee**

1 lb. veal and bone cut small	4 large potatoes pared and quartered
3 tablespoons butter	
4 cups cold water	2½ tablespoons flour
2 tablespoons cold water	

Clean meat. Melt butter in kettle. Add meat, brown on all sides. Add cold water. Bring at once to boiling point, then let it simmer until tender, about two and one-half hours. Twenty minutes before serving, add potatoes. When all are tender, remove meat and place on hot platter. Arrange potatoes in a border around meat. Keep hot. Mix flour in cold water, press all lumps out, add enough water from kettle to thin; then pour back and stir until it boils.

**Veal en Casserole**

Fry one large onion, chopped fine, in two tablespoons olive oil, and one tablespoon capers. Stir in one tablespoon flour, add one cup water; season with salt, pepper and one teaspoon each cinnamon, clove and nutmeg, and the juice of one lemon. Add one pound of veal, cut in small pieces, and cook slowly until veal is tender.

**Veal and Ham Pie**

2 lbs. lean veal	1 teaspoon salt
½ lb. ham	½ teaspoon pepper
1 tablespoon chopped herbs	2 eggs
Grated rind of lemon	1 cup gravy



Cut veal and ham into small squares. Mix the herbs, lemon rind, salt and pepper and sprinkle over the meat. Slice two hard boiled eggs. Place seasoned meat and eggs in fireproof dish. Pour in one cup water and one cup good strong gravy, and then cover with puff pastry and bake in moderately hot oven for one and one-half hours. Mushrooms, oysters, or sweetbreads may be added.

### Gelatine of Veal

Breast of veal, 12x14 inches	2 carrots
$\frac{1}{2}$ lb. fat bacon	1 clove of garlic
$\frac{1}{2}$ lb. boiled tongue	1 bunch of sweet herbs
$\frac{1}{2}$ doz. truffles	6 cloves
1 calf's foot	$\frac{1}{2}$ teaspoon peppers
1 onion	2 teaspoons salt

Bone, trim, and wipe the meat, remove one pound of the meat and pound this in a mortar with bacon; season with powdered spice and sweet herbs, pepper and salt to taste. Pass the mixture through a sieve. Cut the tongue into one inch squares; cut truffles each into three or four pieces. Sprinkle the breast of veal with salt and pepper, lay the pounded meat, truffles and tongue on it, roll it up neatly and tie tightly in a cloth. Place in a stew kettle the trimmings, the calf's foot, vegetables and seasonings. Fill the kettle half full of cold water and bring slowly to a boil, when boiling add the meat roll. Let boil fifteen minutes, skim, reduce heat, and cook for two and one-half hours or until meat is tender. Place the roll on a hot platter; when slightly cooled, take off the cloth and tie up with a fresh one. Press between two plates until cold. When ready to serve, remove cloth, glaze with cold jelly made from the boiled down liquor.

## LAMB AND MUTTON

### Braised Breast of Lamb

With sharp knife remove bones from breast of lamb, then season well with salt and pepper; roll up and tie firmly with twine. Put two tablespoons butter in braising pan, and when melted add one onion, one slice of carrot and one of turnip, all cut fine. Stir five minutes. Put in lamb with thick dredging of flour. Cover and set back where it will cook slowly one hour. Baste often. Take up meat, skim all fat off the gravy, and then put it where it will boil rapidly five minutes. Take string from meat, strain gravy and pour over dish. Serve very hot with tomato sauce. Bones should be put in pan with meat to improve gravy.

### Stuffed Shoulder of Lamb

Bone shoulder of lamb, leaving end for a handle. Sew it up with needle, tie it firmly, and boil five minutes. Take out and cool, then lard

it. Put a slice of bacon in a saucepan with one tablespoon minced onion and one of carrot; brown lamb with these five minutes. Remove meat to kettle, add one pint of white broth and seasonings. Cook for one and one-fourth hours. Sauce should reduce one-half. Thicken slightly; pour it over one pint green peas and lay lamb upon them.

### Omacka (Polish)

1 lb. lamb	1½ teaspoons red pepper
½ lb. potatoes	1½ teaspoons salt
¼ lb. carrots	2 medium sized onions
3 tablespoons lard	1½ cups water

Heat lard, and add sliced onion. Fry onions five minutes. Add meat, salt, and red pepper. Stew slowly three-fourths hour until meat is tender. Add potatoes and carrots and water last.

### Leg of Lamb a la Francaise

7 or 8 lb. leg of lamb	12 allspice
1 onion	½ cup flour
1 small turnip	½ tablespoon salt
4 celery leaves	Cayenne
3 sprigs marjoram	3 tablespoons butter
3 sprigs summer savory	6 hard boiled eggs
4 cloves	1½ pint veal forcemeat

Trim, wipe and place meat in kettle. Tie all vegetables and spices into muslin bag, and place in kettle with meat. Pour over this two quarts boiling water. Let this come to a boil and skim carefully. Mix five tablespoons flour, salt and pepper, with one cup cold water until smooth. Add this very slowly to kettle, cover tight and simmer four hours. When tender, remove meat to hot platter; skim and strain broth. Reheat and thicken with butter and three tablespoons flour cooked together until brown. Chop egg whites and yolks separately. Form forcemeats into balls and fry. Pour gravy over lamb, and garnish with chopped eggs, making a hill of whites, and capping it with parts of yolks. Sprinkle remainder of yolks over. Place meat balls in groups around dish.

### Panned Mutton Chops

A good way to prepare mutton is to take about two pounds chops, season well with salt and pepper, and sprinkle with flour. Fry in hot drippings until brown, and then cover with hot water and let cook slowly for one-half hour. Take out chops, put on hot platter, add to gravy that is still in pan, one cup milk, salt, and thicken with flour. To this add one-half cup grated cheese. Stir well without boiling until it becomes a thick cream gravy, and pour over chops.

### Breast of Mutton with Tomatoes

A very good way to serve breast of mutton is to take three or four pounds, season well, and cover each strip with bread or cracker crumbs. Put into a hot dripping pan in the hot oven and when the meat commences to get brown, pour over it one-half can of tomatoes to which have been added one onion and one green pepper finely chopped; return to oven and cook slowly until ready to serve.

### Boiled Leg of Mutton

Wipe meat, place in kettle with boiling water; boil five minutes and skim. Reduce heat and let simmer until meat is tender. When half done, add one tablespoon salt. Serve with Caper Sauce.

### Haricot

Fry an onion. Cut all the fat from eight mutton chops; sprinkle with salt and pepper, flour them well, and brown them with the onion. Cover with water, and stew covered closely two hours. Then add tomato or any other vegetable, or cover at first with one quart of sliced tomato instead of water. Add more seasoning if needed.

### Ragout of Mutton

6 cooked chops	1 tablespoon flour
2 small turnips	1 teaspoon sugar
2 onions	1 teaspoon salt
2 oz. butter	$\frac{1}{2}$ pint stock

Slice vegetables, brown in butter. Dredge in flour and sugar, stirring to get an even brown. Remove vegetables. Sprinkle chops with salt and pepper. Brown meat in same fat vegetables were browned in. Return vegetables to pan, add stock, cover closely and simmer until tender. Meat from boiled breast of mutton may be cut in squares and used instead of chops. This ragout may be made with green peas in season.

### Roast Shoulder of Mutton

Remove bone and fill space with moist stuffings, made with grated stale bread crumbs highly seasoned with butter, salt, pepper and thyme. Add one or two yolks, and enough warm water to soften bread thoroughly. Put bones and scraps of meat in kettle with barely enough water to cover. Lay stuffed shoulder on them, and let whole simmer gently for one hour. Lift on to rack in roasting pan, dredge with salt, pepper, and flour. Bake one hour or until tender. Strain water in kettle, and use for basting and gravy, with little butter and flour at last to frost surface. Garnish with forcemeat balls made from its own trimmings.

**Braised Leg of Mutton**

Remove bone, trim, wipe with wet cloth, stuff, sew and tie it up. Put two tablespoons of butter in braising pan and when melted add one-half onion, one slice carrot, and one of turnip, all cut fine. Stir for five minutes and then put in the lamb dredged with flour; cover and cook slowly for fifteen minutes; add one quart of boiling water or stock and one and one-half teaspoons salt, and twelve peppercorns. Cover closely and bake three hours, uncovering for the last half hour. Place meat on hot platter and remove strings. Skim off some of the fat from liquor in braising pan, boil rapidly until reduced to one and three-fourths cups. Strain, thicken with three tablespoons butter and four tablespoons flour cooked together until well browned.

**Stuffing**

1 cup bread crumbs	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup melted butter	$\frac{1}{4}$ teaspoon thyme
2 tablespoons boiling water	Pepper

**Leg of Mutton**

Slice the tender part of roast lamb into convenient pieces for serving. Cut up the trimmings and bones and stew with an onion in water to cover until tender. Strain, remove the fat, heat again, and thicken the liquid with flour cooked in hot butter. Add one teaspoon of mixed mustard and salt and pepper to taste. Simmer ten minutes, then add the sliced meat and two tablespoons of capers, and serve as soon as the meat is hot. There should be one cup of sauce to a pint of meat.

**Saddle or Mutton Single**

For saddle of mutton, loin is removed whole before dividing into side. Trim meat, wipe with wet cloth; sprinkle with salt and pepper, place in rack in hot roaster, dredge meat and bottom of pan with flour; place in hot oven. Baste with water and fat as soon as flour browns, and every fifteen minutes after. Meat should be cooked one and one-fourth hours. Serve with mint sauce.

**MEAT ORGANS****Tongue in Jelly**

Boil, trim and skin either a fresh or salt tongue. Have one and one-fourth quarts of aspic jelly in the liquid state. Cover the bottom of a two quart mould about an inch deep with it and let it harden. With fancy vegetable cutter cut off leaves from cooked beets and garnish the bottom of the mould with them. Gently pour in three tablespoons of jelly, to set the vegetables. When this is hard add jelly enough to



cover the vegetables, and let the whole get very hard. Then put in the tongue, and about one-half cup of jelly, which should be allowed to harden, and so keep the meat in place when the remainder is added. Pour in the remainder of the jelly and set away to harden. To serve: Dip the mould for a few moments in a pan of warm water and then gently turn onto a dish. Garnish with pickles and parsley. Pickled beets are especially nice.

### Tongue en Casserole

Cook a fresh tongue, skin and slice. Fry a small onion in one tablespoon of butter until well browned. Add one tablespoon of flour and one cup of water in which the tongue was boiled. Then add the juice of one lemon, one tablespoon of vinegar, and one-half teaspoon each of nutmeg, cinnamon and ground ginger. Put in casserole dish, add the sliced tongue and bake in slow oven about one-half hour. This is a delicious luncheon or supper dish and may be served either hot or cold.

### Glazed Tongue with Tomato Sauce

Beef tongue	12 whole cloves
$\frac{1}{2}$ can tomatoes	Pinch of allspice
1 bay leaf	1 oz. gelatine
Seasoning	

Wash the tongue and soak it over night. In the morning place it in a kettle of cold water and simmer very slowly for three or four hours, or until a fork can readily pierce it. When simmered long enough set it away to cool in the water in which it was cooked. When it is cold, remove the skin, beginning at the tip and stripping it back. Remove, too, the bones and rough pieces at the roots. Then fasten the tip around the side of the thicker part and place the tongue in a large deep mould. Meanwhile reheat a pint and a half of the liquor, adding half a can of tomatoes, one bay leaf, one sliced onion, pepper and salt to taste, twelve whole cloves and a pinch of allspice; simmer these ingredients for twenty minutes and strain, stir in one ounce of gelatine that has been soaked in a little cold water. Cook only until the gelatine has been dissolved, then pour over the tongue, barely covering it. Place, when cold, directly on the ice to chill and harden, unmoulding at serving time and garnishing with feathery parsley and stuffed olives.

### Lamb Tongue a la Soubise

Parboil, blanch, skin and trim as many tongues as you wish to serve persons. Place in sauce pan with salt, parsley, celery, peppercorns, and water enough to cover. Cook slowly till very tender. Re-



move to hot platter. Skim fat from liquor, strain and reduce to a demi-glaze. Pour a little Soubise Sauce in a dish, cut tongues in two and arrange in rosette, pour more sauce in center, and the demi-glaze over the meat and serve.

### Veal Tongue a la Tartare

Skin and trim six boiled veal tongues. Roll neatly and press between plates until cold. Dip each in egg and bread crumbs; brown well in hot butter. Dish upon cold tartar sauce, garnish with pickles and serve.

### Scalloped Tongue

1 pint chopped tongue	1 teaspoon capers
1 teaspoon onion juice	1 cup bread crumbs
1 teaspoon chopped parsley	$\frac{1}{2}$ cup stock
1 teaspoon salt	3 tablespoons butter

Butter the scallop dish, cover the bottom with bread crumbs. Mix meat with parsley, salt, capers and pepper. Distribute this over bread crumbs. Add some of the butter between layers, pour over the stock and onion juice and add remaining crumbs and butter for top layer. Bake twenty minutes.

### Braised Tongue

3 lbs. fresh tongue	Bit cinnamon
$\frac{1}{4}$ cup butter	1 clove
Carrot } $\frac{1}{4}$ cup diced	Bouquet sweet herbs
Turnip } $\frac{1}{4}$ cup diced	$\frac{1}{2}$ lemon
Onion }	1 teaspoon salt
1 tablespoon cornstarch	$\frac{1}{4}$ teaspoon pepper

Wash tongue, cover with boiling water and cook slowly two hours. Remove from water, blanch in cold water, and remove skin and roots. Cook vegetables in butter five minutes, remove them to a deep braising pan. Brown tongue in fat and place on vegetables in pan. Add clove, cinnamon and sweet herbs, salt and pepper; cover the tongue one-half way with stock in which it was cooked. Cover the braising pan and bake two hours. At the last half hour the juice of lemon is added. When tender remove to hot platter. *For Gravy:* add cornstarch dissolved in cold water, to stock in braising pan, which should be reduced to one pint. Boil five minutes and pour around the tongue on hot platter. One teaspoon Worcestershire Sauce or tomato catsup may be used in gravy.

### Broiled Kidney

Wash a fresh kidney and cut in thin slices. Season with salt, pepper and melted butter. Dredge with flour. Put on broiler and cook for

five minutes. Make a sauce of the juice of one lemon and two tablespoons melted butter and pour over the kidney. Garnish with parsley and slices of cucumber.

### Lamb's Kidney

Soak, pare, and cut in pieces, two pairs lamb kidneys. Sprinkle with salt and pepper. Melt two tablespoons butter in frying pan; add kidneys and cook five minutes. Dredge thoroughly with flour; add one cup stock or boiling water. Cook five minutes. Add more salt and pepper if needed. Onion juice, Worcestershire sauce, or mushroom caps may be used for additional flavor. Kidneys must be cooked a short time, or for several hours. They are tender after a few minutes cooking, but soon toughen.

### Calf's Heart

Wash, trim, remove large arteries and clots of blood from four calf's hearts. Stuff, allowing for each heart, one tablespoon bread crumbs, well seasoned with thyme, onion juice, salt and pepper, and moistened with melted butter. Lard sides with three rows of fine lardoons. Brown them, stand on end in small deep baking pan, half covered with boiling water. Cover closely, and bake slowly two hours. Baste every fifteen minutes. When done remove hearts to hot deep platter, and thicken broth with flour moistened in cold water. Boil up and pour over the hearts on the platter.

### Calf's Brains

To prepare follow the usual directions for sweetbreads. When prepared, they may be dipped in egg and milk, rolled in bread crumbs and fried slowly in deep fat or added to a cream sauce and served in patty shells. When fried, tomato sauce should be served with them.

### Broiled Liver

Cut eight medium slices liver, trimmed, cover with boiling water and let stand five minutes. Wipe dry and season with salt and pepper. Roll in flour, sweet oil and fresh bread crumbs. Broil over a moderate fire until thoroughly done. Dish in a circle, alternating with thin slices of brown bread fried in butter. Pour a Bordelaise Sauce in the center.

### Liver Pudding (English)

6 pigs' haslets (heart, liver, and so forth)	12 onions
5 lbs. fat pork	Seasoning
	Corn meal

Take six pigs' haslets (heart, liver, and so forth), look over carefully, removing all imperfect parts. Put into saucepan of water

lightly salted, cook until tender and chop fine. Into another saucepan put five pounds of fat pork, boil until tender, take off the rind, chop pork fine and add to the liver. Throw away the water in which the haslets were cooked, but save the water in which the pork was cooked. Put the chopped mixture into the water with twelve onions, chopped fine. Cook until the onions are tender, season with powdered sage, salt and pepper, and then sift in corn meal and cook until thick. Pour into wet moulds and when cold, slice and fry.

### Tripe a la Creole

1½ lbs. white honeycomb tripe	6 peppercorns
2 tablespoons fat	4 whole allspice
2 small onions sliced fine	2½ teaspoons salt
1 red pepper chopped fine	1 teaspoon sugar
1 green pepper chopped fine	½ teaspoon pepper
1 small bit whole mace	1 quart stewed tomatoes
½ teaspoon baking soda	

Wash the tripe in three waters, using the baking soda last. Then boil the tripe until tender, about one and one-half hours, and cut with scissors in very fine strips. Brown the onions in the fat. Add the peppers, spices, seasonings, and tomatoes. Then add the tripe and simmer about twenty minutes. Serve hot with boiled rice.

### Tripe in Batter

Cut in pieces for serving, roll in seasoned flour, dip in batter and sauté in hot butter. Drain on brown paper.

### Tripe Fricasseed with Onions

Parboil the tripe. Cook six medium sized onions half an hour, drain and slice them and put them into a frying pan with one-fourth cup of butter. Sprinkle over them one teaspoon each of salt, sugar, dry mustard, a saltspoon of white pepper and a speck of nutmeg. Let them cook till there are delicately browned pieces in the hottest parts, then pour them over the tripe, which has been previously thickened with two dessertspoons of baked or gluten flour. This should be served at once and very hot.

### Fried Tripe

Cut in pieces for serving, roll them in seasoned flour, then in egg, and last in very fine bread crumbs. Fry a golden brown in deep fat. Drain on paper and serve with a small sprig of parsley on top.

## CHAPTER VIII

### POULTRY AND GAME

**W**HEN poultry is young the skin is thin and tender, the legs are smooth, the feet moist and limber and the eyes full and bright. The body should be thick and the breast fat. There should be no large spurs or long hairs on the feet. The scales or the skin on the feet should be soft.

Turkeys are old when they have long hairs, and the flesh which shows through the skin is purple. Turkeys are at their best in mid-winter. In the spring they begin to deteriorate.

Young ducks and geese are plump, with light, almost transparent fat, soft breast bone, tender flesh, leg joints which will break with the weight of the bird, fresh colored and brittle beaks. The windpipe should break easily when pressed with the thumb and fore finger. They are best in the early fall and winter.

Game birds are always heavy for their size and the breast is firm and plump when they are at their best. To be sure that the bird has not been hung too long, pluck a few feathers from the inside of the second joint. If the flesh looks light the bird is good to eat. If the flesh looks black, the bird has hung too long.

No poultry should be cooked before it has hung for at least eight hours. In many large cities there are live poultry markets and each bird is killed as it is bought. These birds should be hung over night before they are drawn and prepared for cooking.

When any fowl or game is being prepared for cooking, it should be thoroughly washed inside and out, and if there is an unpleasant odor from the inside, rub it with a little cooking soda. If the odor disappears quickly the bird is good to eat. If the odor persists it is best to cut the bird open to see whether there are any bruises or recognizable bad places. A fowl that has a bad odor had better not be eaten.

All game is best in the winter and should never be eaten in the spring. At that time of the year the broiling chickens are better and can be prepared in such a variety of ways, that there is no need of any other fowl. The young chicken lends itself to many kinds of savory cooking. The older chickens are better for soups, stews and salads. If a fowl is very old it will hardly make even a good salad because the white meat is apt to be coarse and somewhat tasteless.



Left over fowl and game is excellent for pies, stews, croquettes and any number of casserole dishes. They should be combined with a rich gravy to give the best results.

Like all other foods, poultry and game is at its best in season.

### To Dress and Clean Poultry

Pick off pin feathers, singe to remove hairs, cut the skin near head, push skin back and disjoint head at base of neck. Cut skin around leg one-half inch below leg joint, being careful not to cut tendons. Break bone with a sharp rap and pull off foot. Make an incision below the breastbone to tail. Keeping finger well against breastbone reach carefully into body until heart is reached. Loosen membranes and remove entrails. In this mass are embedded the gizzard, heart and liver, which together are called giblets. The kidneys and lungs adhere closely to body wall and should carefully be removed afterwards. Cut skin on under part of throat and remove windpipe and crop. Remove oil bag and upper part of tail. Wash bird by allowing cold water to run through it. Do not allow bird to soak in cold water. Wipe inside and outside, looking carefully to see that everything has been removed.

### To Truss Poultry

Draw thighs and wings close against body and fasten securely with skewers or tie with string. Draw skin of neck to back and fasten with small wooden skewer.

### How to Stuff

Use enough stuffing to fill skin that bird may look plump when sewed. When cracker stuffing is used, allowance must be made for swelling, otherwise skin will crack when cooked. Small openings may be closed by skewer, larger ones sewed with one-half dozen stitches, leaving long end for convenience in pulling out.

### To Prepare a Fowl for Broiling

Singe, wipe, and with sharp knife, beginning at base of neck, cut along backbone, open and remove insides, cut out ribs on sides, remove breastbone, pin wings and thighs closely to body. Fasten giblets under wings. Wipe as dry as possible.

### To Cut Up Fowl

Clean fowl and dress according to directions. With a sharp pointed knife cut skin and flesh at base leg, between leg and side of body. Disjoint leg. Separate upper part leg, second joint, from lower part leg, drum sticks, as leg is separated from body. Cut skin and flesh



between the wing and body, bend wing back, cut through flesh and disjoint the wing. Disjoint wing at middle joint in same manner. Remove leg and wing on other side. Beginning two inches below breastbone, make an incision following line below the ribs to collarbone. Disjoint. Divide back along middle line with cleaver. From tip of breastbone slice off the wishbone piece and with cleaver divide remaining breast.

### To Prepare Giblets

Do not use giblets from old fowls, nor from young unless thoroughly sound. Healthy liver has light color and uniform texture. Remove membranes, arteries and clotted blood around heart. Separate gall bladder from the liver, taking great care that bladder is not pierced. Cut fat and membranes from gizzard, make an incision through the thick muscle of gizzard, being careful not to cut membrane which holds grist. Peel muscle off. Wash giblets and cook until tender with neck and tips of wings, placing them in cold water and heating to boiling point. Stock is to be used for gravy. Cooked giblets themselves may be minced fine and added to the gravy. The smooth legs of a fowl less than a year old may be used. Scald with boiling water and skin and claw cases will peel off like a glove. Place in cold salted water and cook slowly. Three pairs of chicken feet will make a pint of jelly as fine, and just as nutritious as calf's foot jelly.

### Roast Chicken

Dress, clean, stuff and truss a four-pound chicken. Rub with salt and pepper and place in roasting pan. Rub into a paste three tablespoons of butter and two tablespoons of flour and cover breast and legs with it. Dredge bottom of pan with flour. Place in a hot oven and when flour is browned, baste with one-fourth cup of butter melted in one-half cup boiling water. Reduce oven heat and baste every ten minutes until chicken is done. If water dries from the bottom of the pan add more. A four-pound chicken requires one and one-fourth hours to roast. (For stuffing see below). *Gravy*: Pour off the liquid from the pan in which the chicken was roasted. Let this settle, remove four tablespoons of the chicken fat and place back in the pan; heat and add four tablespoons of flour. When these have cooked and browned together add a little at a time, two cups of broth in which the giblets were cooked, season with salt and pepper. Chop the giblets very fine and add to the gravy.

### Fried Chicken

Chickens will do for frying up to six months old if they are plump and in good condition. Dress, singe, clean and wipe with wet cloth.

Cut in quarters and season with salt and pepper. Roll in flour and fry in hot fat from salt pork until brown on both sides. Cover closely and reduce heat to cook slowly for twenty minutes more, or until tender. Dissolve glaze with two or three tablespoons of water and pour over chicken. Serve with some form of corn bread.

### Steamed Chicken

Wipe very dry after cleaning. Rub salt, pepper and plenty butter in cavity of body; fill it with large oysters well seasoned with salt, pepper and celery salt. Tie legs and wings close to body and lay in as small a dish as will hold it, and set in steamer to cook four hours. Meantime cook pint chopped celery till it will rub through a puree sieve. Make pint white sauce with liquor of oysters, add celery to it and pour it over fowl on platter. Garnish with curly parsley and serve with baked sweet potatoes and boiled rice.

### Chicken a la Marengo

1 3-lb. chicken	1 small onion minced
6 mushrooms sliced	A few truffles
$\frac{1}{2}$ cup stewed tomatoes	$\frac{1}{2}$ cup brown sauce
1 teaspoon salt	

Clean and dress and cut chicken in small joints; dry it carefully and fry to a good brown in olive oil or butter. Place in braiser with seasonings and vegetables, cover closely and simmer one-half hour, adding more water as it boils away. Serve on chafing dish. Garnish with croutons, puff paste and poached eggs.

### Broiled Chicken

Follow directions for dressing poultry. Wipe as dry as possible, sprinkle with salt and pepper and rub with soft butter. Lay on the broiler, cook the inside next to the fire for as long as possible without scorching. Then turn and cook the skin side until a handsome brown. After each side is brown turn often till well done. It will take from twenty to thirty minutes. Covering the broiler with a pan keeps in both heat and steam and finishes the work in less time. Serve on a hot platter with butter. Garnish with watercress.

### Boiled Chicken

Dress and clean according to general directions. Place in a kettle of boiling water to one-half cover. Skim carefully when it begins to boil and after the scum ceases to rise cover and set back to simmer gently for three hours or more, until ready to fall apart. Add a handful of rice and a cup of milk to make it look white. Add salt about one-half hour before taking it up. Lay on a hot dish while the liquor

is reduced to rather more than a pint, skim off all the fat, add chopped parsley, celery and thyme and hard boiled eggs, chopped fine if liked, and send to table in a sauce bowl.

### Breast of Chicken Fried

Allow half a breast of young chicken for each guest. Remove skin, season with salt and paprika, dip in white of egg, roll in fine white breadcrumbs, and fry in deep fat five minutes. Be careful to keep the color delicate brown. Serve with a rich cream sauce, and lay three fresh broiled mushroom caps on each piece. Garnish with watercress.

### Chicken Pie

Dress and clean the chicken, following directions; divide in pieces at the joints, cover with boiling water and cook slowly for twenty minutes, then take out. Fry two or three slices of fat salt pork, put them on the bottom of a deep pie dish; lay the chicken on them. Add one cup of hot water, one-fourth cup of butter, one teaspoon of salt. Cover the top with a light crust the same as for biscuit. Bake in an oven that is hotter at the top than at the bottom and when well risen and brown, cover with paper or the crust will burn before the pie is baked through. Remove fat from the water in which chicken was cooked, thicken with a little flour, season to taste. Add one cup good cream, and when pie is done, pour the gravy through the holes of the crust.

### Chicken Fricassee

1 year-old chicken	2 tablespoons flour
1 tablespoon butter	1 cup cream
1 teaspoon lemon juice	1 egg
$\frac{1}{2}$ teaspoon celery salt	$\frac{1}{4}$ teaspoon pepper

Press, wash and cut up the chicken as directed. Wipe each piece, sprinkle with salt and pepper, roll in flour, brown in butter; cover with boiling water and simmer for forty minutes. Remove the meat, reduce the stock to one pint, to be used for sauce.

*For the Sauce:* Melt butter, add flour and seasonings, cook together; add the broth and lemon juice, a little at a time, and cook until smooth. Add the scalded cream, pour this slowly over the egg well beaten, stir well. Arrange the pieces of chicken on a hot platter in something like the order in which they grow. Garnish with toast points and pour the hot sauce over all.

### Chicken Saute a la Creole

Clean, singe and cut in joints two spring chickens, dividing lengthwise and cutting drumsticks from thighs. Season well with salt and

pepper. Melt in frying-pan two large tablespoons butter, add chicken, and let it brown slowly for five minutes. Have three large onions sliced thin, add them and let them brown, but cook slowly, letting pan barely simmer. Add chopped parsley, thyme, and bay-leaf, also two cloves of garlic finely minced, and if you have them, one-half dozen sweet green peppers, freed of seed and cut in shreds. Stir well, cover, and let smother twenty minutes, stirring now and then, but keeping pan covered. Add cup of consomme, if on hand, otherwise cup boiling water; cook very slowly a full one-half hour, seasoning to taste. After seasoning, cook ten minutes longer. Serve very hot.

### Chicken and Lamb Fricassee

Disjoint a small chicken and fry it in hot butter with four small lamb chops, until all are well browned. Add one sliced onion, two tablespoons of cold boiled rice, one apple chopped fine, one green pepper chopped, and one teaspoon each of curry powder and paprika. Add a small quantity of water and simmer slowly until meat is tender. Just before serving, add two dozen small oysters. Heat thoroughly and serve on squares of toast with potato cakes.

### Devilled Fowl

Cut thighs and wings from two underdone fowls, either roasted or boiled. Score them closely about one-fourth inch deep, and rub in paste made with two teaspoons mixed mustard, one teaspoon good salad oil, one teaspoon salt, one-half saltspoon cayenne, lay them aside to season while rest of meat is chopped fine and stirred into Bechamel or any good sauce. Put good tablespoon butter in sautoir and when it browns add one teaspoon each vinegar, Worcestershire sauce and mustard. Broil legs and wings till handsome brown, and roll each one in butter mixture as it is taken from gridiron. Put mince in center of hot platter, arrange grilled bones around it and serve piping hot.

### Jellied Chicken

Dress, clean and cut up four-pound fowl. Place in stew pan with boiling water and cook slowly until meat falls from bone. When one-half done add teaspoon salt. Remove chicken, pick meat from bone and skin, sprinkle with salt and pepper and pack into buttered mould. Reduce the stock to one cup; dissolve two teaspoons granulated gelatine in little cold water, when thoroughly soaked pour over the stock, strained, and the skimmed fat. Heat until gelatine is melted and pour over meat in mould, keep in cold place until firm.



### Russian Chicken en Casserole

Season disjointed chicken with salt, pepper and one tablespoon chopped green pepper. Add two cups water and cook one hour. Then add one cup small white onions, small head cauliflower, one cup mushrooms and one cup green peas. Cook one hour and serve hot.

### Roast Turkey

Select a turkey which is plump and young. For cleaning, dressing and trussing, follow the general directions as given previously. For stuffing use Poultry Stuffing No. 2 or No. 4. Place on its side on rack in a dripping pan. Rub entire surface with salt, brush with soft butter and dredge with flour. Place in hot oven and when well browned reduce the heat. Baste with fat in pan and add two cups of boiling water; continue basting every fifteen minutes until turkey is cooked, which will require about four hours for a ten-pound turkey. For basting use one-half cup butter melted in one cup boiling water and after this is used, baste with fat in pan. During cooking turn turkey frequently that it may brown evenly. For gravy, pour off liquid in pan in which turkey was roasted. From the liquid skim one-fourth cup of fat, return the fat to pan and brown with five tablespoons of flour; add slowly three cups of stock in which giblets were cooked, or add two cups of boiling water to dissolve the glaze in bottom of the pan and substitute for broth. Cook five minutes, season with salt and pepper and strain; add the giblets chopped very fine. The giblets may be used for force meat balls or chopped fine and mixed with the stuffing.

### Braised Turkey

Prepare as for roasting, brown lightly in frying pan or quick oven, remove to braising pan with onions and sweet herbs or vegetables. Cover and cook slowly for four hours or until tender.

### Broiled Rabbit

Skin, singe and wipe rabbit. Prepare for broiler like chicken and cook over charcoal embers till done. Season with salt and pepper just before it is finished and pour over melted butter mixed with two tablespoons vinegar, one tablespoon mustard. Serve with Ravigote sauce.

### Fried Rabbit

Joint rabbit and soak it in cold salted water for one-half hour. Wipe pieces rabbit, dip them in flour and fry in hot fat until tender and brown on each side. When brown, add heaping tablespoon of flour and about three cups water. Bring to boil and, when thickened,



add salt, pepper, teaspoon chopped parsley, little grated lemon rind and two tablespoons currant jelly. Serve sauce in sauce bowl. Garnish rabbit with green parsley.

### Roast Hare

Skin and wipe hare, stuff and sew up carefully. Truss forelegs back and hind legs forward, and put in baking pan; fasten thin slices bacon over shoulders and back, put into quick oven and bake one and one-half hours, basting every ten minutes with one-fourth cup butter in one-half cup boiling water. When one-half done dredge with flour and baste once more. Remove to hot platter and garnish with slices of lemon and water-cress.

*Stuffing:* Make moist stuffing as for chicken, using water in which giblets were boiled and working in minced giblet meat.

### Roast Duck

Pick, singe, draw and truss duck. Then peel six large onions, cut them into quarters, put them into stewpan, cover with water and bring to boil. Strain and chop them and cook for five minutes in hot fat. Then add two cups of mashed potatoes, one-half teaspoon minced sage, one-half cup bread crumbs, pepper and salt. Stuff duck with this mixture and rub fat over duck and roast, basting it frequently while roasting. Make gravy from giblets, cleaned and cooked in sufficient water to cover them well, adding an onion, piece of carrot and bunch herbs. Then cook, strain and thicken with browned flour. Serve duck with moulded rice and currant jelly.

### Squirrel Pot Pie

Prepare squirrels as rabbits, cut in pieces, flour and fry brown in tablespoon butter. Cover all closely and stew for an hour. Make delicate biscuit crust, cut in rounds and lay them on top squirrel, let them boil, covered closely, fifteen minutes; pile squirrel in center of a hot platter, arrange dumplings along it. Thicken gravy with one tablespoon flour browned in one tablespoon butter and pour gravy over meat.

### Venison Pastry

Use for this neck, breast, flank and other portions that are not suitable for roasting. Wash with vinegar, rub with sugar and hang in cool, airy place as long as possible. Examine every day and wipe night and morning with dry cloth. When it is to be used sponge with lukewarm water and dry with cloth. Bone it and cut meat free from skin into pieces two inches square. Parboil till meat begins to be tender, then season well and lay in baking dish of which sides have

been lined with good pastry. Arrange pieces, fat and lean together, adding more seasoning if needed and dot well with bits of butter and enough stock to cover bottom of dish well. Cover with thick crust and bake till crust is thoroughly done. While it is being baked put all bones and trimmings in covered stewpan with mace, pepper, salt and cold water, to cover pieces. Simmer till all goodness is out of the bones and water reduced one-half. Strain, cool and remove the fat. When pie is done heat up gravy with lemon juice. Put funnel through the hole in crust and pour gravy in. Good either hot or cold.

### Poultry Stuffing

#### No. 1

1 cup coarse cracker crumbs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup milk

Few grains pepper

This rule will be sufficient for a roast chicken of three or four pounds. Sage, summer savory or parsley may be added if desired.

#### No. 2

4 cups stale breadcrumbs	1 teaspoon salt
$\frac{1}{2}$ cup melted butter	$\frac{1}{2}$ teaspoon pepper

This rule is sufficient for an eight-pound turkey. Fine herbs may be added if desired. If the fowl is very large and a good deal of stuffing is liked, the body may be filled with thin slices of bread well buttered, sprinkled with seasoning and dipped lightly in stock.

#### No. 3

2 cups dry bread crumbs	$\frac{1}{2}$ cup butter
$\frac{1}{2}$ cup fine sausage meat	1 teaspoon salt
1 tablespoon each parsley and	$\frac{1}{2}$ teaspoon pepper
onion chopped	Few grains nutmeg

2 eggs

Soak the bread in cold water until soft; press out all the water, add the sausage meat, seasonings, melted butter and eggs well beaten. If the sausage meat is quite fat the butter may be omitted, or chopped pork may be substituted. If one objects to pork use a full cup of butter and an extra cup of coarse crumbs.

#### No. 4

$\frac{1}{2}$ lb. lean veal	4 dozen chestnuts
$\frac{1}{2}$ lb. pork	1 teaspoon salt
$\frac{1}{2}$ pint broth	$\frac{1}{2}$ saltspoon pepper

Chop the veal and pork separately until very fine, then pound vigorously until blended. Shell and blanch chestnuts, cook in boiling salted water until soft, drain and mash. Combine with meat, moisten

with broth and add seasonings. One cup of cooked chestnut crumbs may be reserved to thicken the gravy.

### Stuffing for Ducks

#### No. 1

- |                                   |                 |
|-----------------------------------|-----------------|
| $\frac{1}{2}$ lb. onions          | 1 teaspoon sage |
| 3 tablespoons grated bread crumbs | 1 duck liver    |
|                                   | 1 teaspoon salt |
| $\frac{1}{4}$ teaspoon pepper     |                 |

Mince, blanch and drain the onions; parboil the liver and chop very fine, combine with the onions, bread crumbs and seasonings. This quantity is sufficient for one medium-sized duck.

#### No. 2

- |                               |                             |
|-------------------------------|-----------------------------|
| 1 cup bread crumbs            | 2 minced sage leaves        |
| $\frac{1}{4}$ cup butter      | 3 chopped shallots          |
| 1 teaspoon parsley            | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{8}$ teaspoon pepper |                             |

#### No. 3

- |                                 |  |
|---------------------------------|--|
| 1 cup chopped celery            | $1\frac{1}{2}$ cups dried bread crumbs |
| $\frac{1}{2}$ cup chopped onion | $\frac{1}{2}$ teaspoon salt            |
| $\frac{1}{8}$ teaspoon pepper   |  |

### Chestnut Stuffing

- |                              |  |
|------------------------------|--|
| 1 lb. Italian chestnuts      | $1\frac{1}{2}$ teaspoons poultry seasoning |
| 1 cup bread crumbs           | $\frac{1}{2}$ cup seeded raisins           |
| $\frac{1}{2}$ cup shortening | Seasoning                                  |

Blanch the chestnuts, boil until very tender, and put through a ricer. Add the rest of the ingredients, seasoning with salt, pepper, celery salt, sugar and cayenne to taste. Mix thoroughly. This is excellent for poultry and game.

### Fruit Dressing for Roast Duck

Core, pare and slice two good-sized apples, sprinkle with cracker dust to keep white; pour boiling water over one-half pound large prunes and when they are swollen remove the stones. Add one-fourth cup seeded raisins, one-fourth cup cracker crumbs, one-half teaspoon sugar, saltspoon salt and beaten egg. Add apples to this mixture. This will fill two good-sized ducks. Do not pack too closely, as it swells.

## CHAPTER IX

### FISH

**P**REPARE fish as quickly as possible after it comes into the kitchen. When washing do not let the fish soak in water. The fish is apt to become flabby and to lose much of its flavor. Wipe with a damp cloth, rub with salt, and then prepare at once.

If the fish is to be boiled, the flavor and the texture is improved by adding one-half cup of vinegar to the water in which it is cooked. The vinegar keeps the flesh firm and the little acid flavor helps bring out the natural flavor of the fish. To retain its shape in boiling, a fish must be sewed into a piece of cheesecloth. As far as possible do not lay one fish on the other in the cooking or serving. The meat is so tender and delicate that in moving the top one the under one will break.

All varieties of fish can be served with salad. Lettuce is the best green to serve with fish, although cooked marinated vegetables "go well" with the fish flavor. The dressing of the vegetable or green salad served with fish should possess a tart piquant taste. The French dressing is better than the mayonnaise dressing here, unless the mayonnaise has added to it something very piquant like highly spiced pickle. Otherwise the flavor is too bland.

One point which should always be borne in mind in fish cookery, no matter how the fish is cooked, is that it must be subjected to a high temperature at first to sear the outer pores, so the juices will be kept in. The heat must be reduced then and the fish cooked slowly. If the fish is allowed to cook all the way through at a low temperature, most of the flavor will have been cooked away. The one exception to this rule is for fish soups and chowders. Here the flavor is to be drawn out of the fish for soup. The fish is put on to cook in cold water and simmered gently until the soup is done.

Onion and lemon juice improve fish flavors and many recipes call for either or both. Where fish is fried, care must be taken not to impart a flavor through the fat except in cases where the highly flavored fats are added for this purpose. In shad roe, bacon is often added, but where a delicate fish is to be fried, the fat should be a neutral one and free from all taste. This applies to shell fish as well as the others.

Only really fine fish is worth buying. Unless fish is very fresh, there is no flavor in it. In place of flavor, we get what is known as

a "fishy smell," and it is this that makes any but the very best fish objectionable.

Shell fish is not at its best during the summer months. There is a large enough variety of good fish each season of the year so that it isn't necessary to eat the out-of-season fish, or those that have to be brought great distances. Local fish is usually better, because it is eaten sooner after it is caught than the other.

The number of dishes that can be made out of all the varieties of fish is as large as the housekeeper cares to make it.

### **Fried Fish**

Clean fish and wipe as dry as possible; sprinkle with salt and pepper; dip in flour, egg and crumbs and fry in deep fat. From five to six minutes is sufficient for any but large pieces. Drain perfectly dry on paper and serve on folded napkin. Fry parsley that is to garnish the dish, taking care to have it crisp without changing its color.

### **Steamed Fish**

Clean carefully, but without removing head or fins, rub inside and out with salt and pepper and lemon juice, laying slices of onion inside if liked. Lay on buttered paper and steam till flesh falls easily from bones. Lay on folded napkin, garnish with lemon and parsley and serve with Hollandaise Sauce.

### **Boiled Fish**

Wipe carefully and rub with salt. Wrap in piece of cheesecloth to hold fish together and to prevent scum from adhering to fish. Place it in kettle one-half filled with boiling water, cook slowly, allowing fifteen or twenty minutes to pound. Long fish kettle with rack is useful. Wire basket in kettle may be substituted, fish coiled about in basket. Water in which fish cooks should have salt and vinegar or lemon juice added, two teaspoons salt and one of vinegar to quart of water. Salt gives flavor, vinegar or lemon juice keeps flesh white. Fish is cooked when the flesh is firm and separates easily from bone. Take from the water and remove cheesecloth. Garnish with parsley and slices of lemon.

### **Broiled Fish**

Large fish should be split through back to broil, head and tail are usually removed. Salmon, halibut and sword fish are cut in inch slices for boiling. Smelts and other small fish are broiled whole. Clean and wipe fish as dry as possible, sprinkle with salt and pepper, place in well-greased broiler. Broil flesh side first till almost done,



then cook on skin side just long enough to brown well. Small fish require from five to six minutes, thick ones from twenty to thirty minutes. To remove from broiler loosen one side from wires first, turn and loosen on other side, then slip from broiler to hot platter. Spread with butter and set in warming oven to let it penetrate the fish. To broil fish in gas stove, clean and dry as usual, only it is better to remove backbone. Put under flames in an iron or granite baking dish well greased. Place fish on this, skin down, sprinkle with salt and pepper, dot with butter and dredge with flour. When nicely browned reduce heat; time required, from twenty-five to thirty minutes.

### Small Fish Baked

Dress, clean, wipe dry and rub with salt and pepper, lay in baking dish with chopped onion, mushrooms and parsley. Dot fish with butter and pour in enough thin broth to cover bottom of dish. Add juice of one-half onion and bake till flesh parts easily from bone.

### Fried Smelts

Clean smelts, removing entrails through gills, leaving on heads and tails, wipe dry, sprinkle with salt and pepper, dip in flour, egg and crumbs and fry three to four minutes in deep fat. Arrange on hot platter and garnish with parsley and lemon. Smelts may be baked in oven or pan broiled.

### Fried Fillet of Cod or Haddock

Dress and clean fish, remove skin and backbone, cut flesh in square pieces, season with salt and pepper and roll in fine white corn meal. Try out several slices of salt pork, lay fish in hot fat, cook brown on each side, drain on soft paper and serve hot. Serve with butter and garnish with slices of lemon. Any fish having firm, white flesh can be prepared in this manner.

### Brook Trout

Dress, clean and wipe dry; score little across the back, rub in oil or butter and broil slowly five to six minutes. Serve on hot platter with Maitre d' Hotel sauce.

### Hungarian Fish Fricassee

4 tablespoons fat	1½ teaspoons paprika
1 cup sliced onion	1 bay leaf
1½ lbs. haddock	1½ cups canned tomatoes
½ cup chopped green pepper	2 teaspoons salt
¾ cup water	

Saute onions until golden brown in fat; add fish, cleaned and boned and cut into small pieces, and brown. Stir in chopped green pepper,

paprika, bay leaf, tomatoes, salt and water. Cover tightly. Cook about thirty minutes. Garnish with lemon slices and parsley.

### Codfish Balls (11 Balls)

$\frac{1}{2}$ cup codfish	$1\frac{1}{2}$ tablespoons fat
$1\frac{1}{4}$ cups potatoes	Flour
Fat for frying	

Wash fish and cut into small pieces. Wash potatoes, pare and cut into slices. Cook fish and potatoes together in boiling water until potatoes are soft. Drain, and mash thoroughly. Add fat and season, if salt is needed. Shape into balls, roll these in flour and fry in deep fat. Have fat so hot that it is beginning to smoke. Drain cooked fish balls on unglazed paper.

### Savory Stuffed Fish

Have any baking fish liked prepared for stuffing or, preferably, buy three-pound chunk cod cut from shoulders. Boil as usual, but only ten minutes; lift and open carefully and remove bones. Have ready stuffing made of one cup crumbs, grated onion, small cup crabmeat and seasoning. Add a beaten egg and little cream to moisten mixture and cut through it one tablespoon butter. Stuff fish, close it and lay on buttered baking pan, baste with butter and cook in oven twenty-five minutes. Serve drawn butter sauce with fish.

### Baked Salt Fish

2 cups salt fish (flaked)	2 eggs
2 cups cold mashed potatoes	3 tablespoons fat
1 pint milk	

Soak flaked fish in cold water over night. Simmer until tender. Drain off water. Mix potatoes with milk, eggs, fat and seasoning. Add fish, turn into well greased baking dish and bake forty minutes.

### Baked Salt Mackerel

Soak one large mackerel over night, drain and rinse in clear water. Place in well-buttered pan with flesh side up. Or better still, cook mackerel in well-buttered paper bag. Cover fish with two tablespoons melted butter and sprinkle well with finely grated bread crumbs, seasoned with pepper or paprika. If the mackerel is not baked in paper bag, add two tablespoons water, being careful not to get it on top of mackerel, which would destroy its crispness. Bake in moderate oven until crumbs are brown and fish flaky and white. Serve on platter with thin slices of lemon.

### Baked Blue Fish

Dredge large blue fish with salt and pepper.

#### Dressing

1 tablespoon green ginger	1 cup bread crumbs
1 slice onion	1 tablespoon curry powder
1 teaspoon chopped parsley	2 green peppers chopped fine
2 tablespoons melted butter	

Stuff fish with this dressing and bake in hot oven, allowing ten minutes to pound, basting frequently with melted butter and hot water. Serve with garnish of lemon and parsley.

### Halibut Maitre d'Hotel

Cut three pounds halibut steak into three-inch squares, wipe with wet cloth and dry thoroughly. Dip in flour, egg, and sifted bread crumbs, fry in deep fat until rich brown, drain on soft paper and serve with Maitre d'Hotel butter.

### Shad Roe

Shad roe may be baked, broiled or fried. To broil, wipe with wet cloth, dry, sprinkle with salt and pepper, place on greased wire broiler, cook for five minutes on each side. Serve with Maitre d'Hotel butter. Roe may be rolled in flour, egg and bread crumbs and fried in deep fat.

### Broiled Halibut

Wipe with cloth wrung out of cold water; season slices with salt and pepper, roll in flour or corn meal and broil for 25 minutes. Serve with Maitre d'Hotel butter.

### Broiled Scrod

Scrod is young cod, may weigh from two and one-half to five pounds, the best weight four to five pounds. Clean and wipe as usual, cut down belly, remove backbone, place on hot greased broiler, sprinkle with salt and pepper and cook from twenty to twenty-five minutes. Remove to hot platter and spread with butter.

### Planked Shad or Whitefish

Shad are in season from January to June. Jack shad are usually cheaper than roe shad. Clean and split three-pound shad, place skin down on heated oak plank one inch thick, sprinkle with salt and pepper, and brush over with butter. Bake twenty-five to thirty minutes in hot oven or in gas stove under broiling flame. Garnish with parsley and lemon.

### Planked Salmon with Potato Balls

Have salmon cut in steaks one and one-half or two inches thick. Two steaks average size can be placed on medium-sized plank. Oil plank thoroughly, place fish upon it, and broil under gas broiler, turning flame low after first few moments. Or it can be baked in oven of range. Serve on plank, surrounded by potato balls cut with French vegetable cutter. Heat one-fourth cup cream, add salt and pepper and three tablespoons finely chopped parsley. Shake potato balls in this until well covered with seasonings. Serve Hollandaise sauce with planked salmon.

### Darne of Salmon

Salmon		tablespoon peppercorns
1 onion	} minced	$\frac{1}{2}$ teaspoon salt
2 carrots		3 tablespoons butter
2 tablespoons minced parsley		1 pint thin broth

Darne of salmon is middle cut, there are but two and sometimes three from large fish. Lay in stewpan on bed of vegetables, dredge with salt and pour over this the broth. Dot with butter and cover with buttered paper. Bring quickly to a boil and simmer very gently for one hour. Place on a hot platter, remove the skin and serve with Hollandaise sauce.

### Scalloped Codfish

$\frac{1}{4}$ cup rice	1 tablespoon flour
1 cup codfish	1 cup milk
1 tablespoon fat	2 tablespoons crumbs

Cook rice in boiling water until tender. Soak codfish over night or put in cold water and bring to boiling point. Drain. Flake fish. Make white sauce by melting fat, adding flour, stirring until blended, then adding milk. Stir until thickened. Spread rice, codfish and white sauce in layers in oiled baking dish. Cover with crumbs and bake twenty minutes in moderate oven. Any left-over fish may be used.

### Devily Pie

Fish pie, in Cornish fashion, is not a dish to be despised. Good bass makes best pie, but other fish may be used. The fish should be cleaned in usual way, boned and cut into pieces about four inches square. Bones must be boiled down for stock. Lay pieces fish closely together in fireproof dish and season with salt, pepper and chopped parsley, add one-half cup fish stock; cover with good crust, not too rich, and bake until nearly cooked; then, through hole in crust, pour in one-half cup warm cream, and finish baking. Lift crust and add a little more scalded cream before serving.

**Casserole of Fish**

2 lbs. fish	1 small onion sliced
3 tablespoons fat	Salt and pepper to taste
1 small carrot (diced)	1 cup canned tomato
3 tablespoons flour	1 bay leaf

Cut fish into cubes, and dredge with flour. Heat the fat in casserole (or pudding dish) and brown fish. Add the seasonings and vegetables and cook tightly covered until both vegetables and fish are thoroughly cooked. If juices evaporate while fish is cooking, add few tablespoons hot water as needed.

**Salmon Loaf—Finnish**

8 medium potatoes	1 egg
$\frac{1}{2}$ teaspoon onion	$\frac{3}{4}$ cup milk
4 slices bacon	1 teaspoon salt
1 can salmon	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup bread crumbs	

Peel and slice potatoes. Brush pan with fat. Put layer potatoes in pan; then layer of salmon, adding onion and sliced bacon. Add salt and pepper. Continue layers until pan is full. Mix egg and milk. Pour over the mixture. Sprinkle bread crumbs on top and bake in oven until potatoes are done.

**Sauteed Frogs' Legs**

After drying frogs' legs thoroughly, roll them in flour and fry in butter or any good cooking oil to which a few drops onion and lemon juice have been added. When done, place on slices of thin, hot, buttered toast and dust with salt and white pepper.

**Frogs' Legs a la Mariniere**

3 dozen legs	$\frac{1}{2}$ teaspoon salt
4 tablespoons butter	1 cup white vinegar
1 cup chopped mushrooms	1 cup consomme
4 shallots	2 tablespoons cream
1 tablespoon flour	Yolks of 4 eggs

Saute frogs' legs, mushrooms and shallots in butter. As soon as well colored, dredge with flour and seasonings, add vinegar and consomme, cover and simmer ten minutes. Mix yolks of eggs with cream and stir into boiling mixture. Remove at once from fire and serve.

**Fish Au Gratin**

3 lbs. fish	$\frac{1}{2}$ teaspoon salt
2 cups white sauce No. 1	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup cracker crumbs	$\frac{1}{4}$ teaspoon celery salt
2 tablespoons butter	2 tablespoons chopped parsley

Few grains cayenne



Fish should be freed from skin and bone and broken into little flanks. Melt butter and combine with cracker crumbs. Butter baking dish and place alternate layers of fish and cracker crumbs, moisten with sauce and sprinkle with seasonings, sprinkle buttered crumbs over top and bake in quick oven for ten or fifteen minutes.

### Oysters on the Half Shell

Keep on ice till serving time. Have small soup-plates half full fine ice and lay oysters in deep half of shell on plates as fast as opened. Salt, pepper and cut lemon should be served at side, and true oyster lovers will use no other sauce. Small oysters are preferred, and four to six are enough for each plate.

### Creamed Oysters

1 pint oysters

1½ cups white sauce

Drain and clean oysters, scald and strain liquor; cook oysters in liquor until plump and edges begin to curl, and drain; add to white sauce. Add more seasoning if necessary. Let it heat to boiling point and serve in Swedish timbales or in patty shells. It is delicious used as filling for shortcake, crusted or on toast.

### Fried Oysters

Drain, clean and dry oysters. Sprinkle lightly with salt and pepper, dip in flour, egg and cracker or stale bread crumbs, and fry in deep fat. Drain on brown paper. Serve on hot, folded napkin, garnish with parsley and lemon. Fried oysters should be served immediately. It is better not to begin frying until they are wanted, than to delay serving.

### Broiled Oysters

Take largest oysters, clean, scald, drain, dry on a towel and dip each into softened butter till well coated and then in seasoned flour. Lay them on buttered broiler. Cook over clear coals until light brown. Serve on slices of buttered thin toast. If done by gas stove lay toast under broiler to catch drip. Fine cracker crumbs may be used instead of flour. Oysters that have been breaded for frying are good broiled.

### Grilled Oysters

Clean, drain and dry two dozen large oysters, sprinkle with salt and pepper, fry on hot griddle, allowing two tablespoons butter. Brown on one side, then turn and brown on other. Do not let griddle get too hot. Serve four to each person, on two-inch square of rye cake.

### Deviled Oysters

Drain, clean and dry on soft towel six large oysters. Mix to smooth paste one-fourth teaspoon mustard, one-eighth teaspoon of pepper and salt, and yolk of one egg. Mask oysters with this, roll them in fine crumbs and broil over clear fire.

### Scalloped Oysters

1 pint oysters	$\frac{1}{2}$ cup butter
1 cup grated bread crumbs	1 cup oyster liquid
$\frac{1}{2}$ cup coarse cracker crumbs	1 teaspoon salt
$\frac{1}{2}$ teaspoon pepper	

Drain and clean oysters; rub pudding dish thickly with cold butter, sprinkle bottom with layer of bread crumbs. Mix rest of bread and cracker crumbs and stir in butter. Arrange oysters and bread in alternate layers, season each with pepper and salt. Pour over oyster liquid, bake twenty-five to thirty minutes in a quick oven.

### Brown Fricassee of Oysters

1 pint oysters	1 teaspoon salt
3 tablespoons butter	$\frac{1}{2}$ teaspoon chopped parsley
2 tablespoons flour	Few grains cayenne

Drain and clean oysters, scald and skim oyster liquor. Parboil oysters in oyster liquor. Brown butter, add flour and stir until well browned, add oyster liquor slowly, stirring constantly; add seasonings and oysters. Serve on toast or in patty shells.

### Oyster Short Cake

Drain and clean one quart oysters, scald and strain the liquor, cook oysters in liquor until plump and edges curl. Cook one tablespoon flour with three tablespoons butter. When the mixture is light and creamy gradually turn upon it boiling liquor and season with salt and pepper. After boiling up once stir in three tablespoons cream, also oysters. Stir over fire one-half minute. Serve immediately. Have shortcake ready to fill.

### Spindled Oysters

2 dozen large oysters	6 slices thin toast
2 oz. bacon	6 steel skewers

Drain, clean and dry oysters on soft towel; cut the bacon in very thin slices. Fill skewers with bacon and oysters alternately, running skewer cross grain through the muscle of oyster and stringing bits bacon by one corner so that each slice may overlay an oyster. Do not crowd. Place skewers across baking pan and cook over gas or in

a quick oven five minutes. Do not take oysters from spindle, but lay each one on slice of toast, pouring over them drip from pan.

### White Fricassee of Oysters

1 pint oysters	1 tablespoon flour
$\frac{1}{2}$ cup oyster liquid	1 egg
$\frac{1}{2}$ cup cream	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter	$\frac{1}{2}$ saltspoon pepper

Drain, clean and dry oysters. Put one tablespoon of butter into frying pan and when hot add oysters, cook until plump and drain again. Scald and skim oyster liquor. Melt butter, add flour and seasonings. Cook together. Add oyster liquor and cream slowly, cook until smooth. Beat one egg very light and pour oyster sauce upon it, add oysters and return to fire to be well heated, but it must not boil. Serve in crust or patty shells if for lunch or dinner; for breakfast or tea, serve on toast.

### Soft Shelled Crabs

Lift each point of back shell and remove spongy substance found beneath it, taking care to scrape and cut away every bit. Turn crab on its back and remove semi-circular piece dark, soft shell called "apron" or "flap" and more of the same spongy substance lying under it. Wash in cold water and dry carefully on towel. Season with salt and pepper, dip in egg and roll in crumbs. Fry about three minutes in very hot fat, putting in only two at a time, as they should be ice cold when prepared. Serve with tartare sauce.

### Broiled Crabs

Prepare as above, but cook in broiler over clear, hot coals for eight to ten minutes. Serve with melted butter and lemon juice poured over it.

### Deviled Crabs

1 dozen crabs	1 teaspoon salt
$\frac{1}{2}$ cup butter	Few grains cayenne
$\frac{1}{2}$ teaspoon mustard	Bread crumbs

Put meat in bowl and mix with it equal quantity fine bread crumbs. Work butter to light cream, add seasonings and stir, little at time, mixed crabs and crumbs. Fill crab shells with mixture, sprinkle buttered bread crumbs over top, brown quickly in hot oven.

### Fried Soft-shell Crabs

Wash always in cold water, as hot water spoils flavor. Remove all sand, also sand bag between eyes, "apron" and the spongy growths under side points. Rinse well again in cold water, and dry thoroughly

with clean towel. Season a pint rich milk well with pepper and salt. Season crabs also; lay them in milk, rubbing them so it may impregnate them throughout. Take out, roll in sifted flour, patting lightly as you roll, shaking free of loose flour. Have deep fat, very hot—it must be deep enough to swim crabs. Drop them in gently, fry to delicate brown, skim out, drain on hot, spongy paper, and serve garnished with fried parsley and sliced lemon. Serve with sauce tartare.

### Clam Pie

Wash and steam open three dozen medium-sized clams, chop them coarsely, then set to drain. Take one cup clam juice, one cup milk and one of cream; heat and thicken with butter and flour rubbed to paste, add pepper and grated onion and stir in clams. Have ready biscuit shortcake, split and butter it well, fill with clam mixture, cover and butter top and sprinkle thickly with grated cheese. Dust with little cayenne and brown quickly in oven. Serve at once.

### Clam Toast

2 dozen small clams	$\frac{1}{2}$ cup scalded milk
2 egg yolks	8 slices buttered toast
$\frac{1}{4}$ teaspoon salt	

Clean clams and cut into small pieces; simmer a few minutes. Beat egg yolks, add slowly to scalded milk, combine with clams; add seasoning, pour over buttered toast on a hot platter.

### Lobster a la Newburg

2 small lobsters	Yolks of 4 eggs
1 cup cream	1 teaspoon salt
4 tablespoons butter	Few grains cayenne
2 tablespoons vinegar	Few grains mace

Cut lobsters into small pieces, cook them slowly in butter five minutes, add the seasonings, vinegar, and simmer five minutes longer. Combine cream with beaten yolks and pour slowly into cooking mixture. Stir constantly one and one-half minutes. Garnish with triangles of puff paste.

### Lobster Souffle

3 lbs. lobster	1 cup aspic jelly
3 tablespoons mayonnaise	$\frac{1}{2}$ cup tomato sauce
$\frac{1}{2}$ teaspoon vinegar	

Cut lobster into small pieces; put bands paper about two inches high, around as many ramekin cases as you wish to serve. Beat mayonnaise, aspic jelly, and tomato sauce together until they begin to look white. Stir in pieces of lobster, add vinegar. Fill ramekin

cases and put away to stiffen in very cold place. When set, take off papers carefully, garnish with pounded coral or browned crumbs.

### Stewed Lobster

Take meat of two medium lobsters cut in dice, season with salt as needed, one-half saltspoon cayenne, and one-half lemon. Make White Sauce, add another tablespoon butter and seasoned lobster; let it simmer ten minutes and serve hot.

### Shrimps

Shrimps are caught in immense quantities along seashore from early spring till late autumn. They are about two inches long, covered with thin shell and are boiled and sent to market with heads removed. They are used in salad; as garnish for boiled fish; they are creamed and served in patty shells. They may be prepared by any of the formulas already given for lobsters or crabs, remembering that seasoning should be less heavy as flavor of shrimp is more delicate. Canned shrimp should always be rinsed in lightly salted water and well drained and aired before they are used. Before using remove any of shell and fine black thread of intestine which runs the length of the body.

### Shrimp Fricassee

Fry one small onion in one tablespoon butter, until well browned, then add one tablespoon flour, one-half cup water and two cups strained tomato. When well heated, add two pounds of cooked skinned shrimp. Simmer for fifteen minutes. Add the well-beaten yolk of one egg and serve hot on toast.

### Savory Shrimps in Chafing Dish

Melt one tablespoon butter in blazer and add two or three drops onion juice; add one cup cream and one cup boiled rice. Shred one can shrimps which has been well washed in cold water and add to the mixture. When thoroughly heated, add one-half cup tomato catsup. Season with salt, and pepper if necessary, and serve on crackers or toast.

### Spindled Scallops

Drain and dry medium-sized scallops, dip them in melted butter, to which juice of an onion has been added and dash of pepper; slip each scallop on buttered skewer, with small piece bacon between each scallop. Broil under a brisk flame, basting once with buttered mixture. When done slip scallops from skewers onto slices hot buttered toast and turn over them remaining butter sauce.



### Scallops in Shell

1 pint scallops	1 cup drained liquor
2 tablespoons butter	4 tablespoons bread crumbs
1 tablespoon flour	1 slice onion
Yolks 3 eggs	$\frac{1}{2}$ teaspoon salt

Few grains cayenne

Drain scallops, toss them with tablespoon butter in saucepan, letting them brown lightly for about ten minutes. Drain from butter and chop fine. Melt one tablespoon butter, add onion minced fine and brown it lightly, add flour, cook together and stir in slowly scallop liquor. Mix chopped scallops with bread crumbs and seasonings and add the sauce. Beat yolks lightly, add to mixture and cook together for three minutes. Fill shells, sprinkle fine bread crumbs over top, dot with bits of butter and brown in hot oven for ten minutes.

### Stuffing for Baked Fish

#### No. 1

1 cup cracker crumbs	1 teaspoon chopped parsley
$\frac{1}{2}$ teaspoon salt	1 teaspoon capers
$\frac{1}{2}$ teaspoon pepper	1 teaspoon chopped pickles
1 teaspoon chopped onions	3 tablespoons melted butter

This is sufficient for fish weighing four to six pounds.

#### No. 2

1 cup bread crumbs	1 teaspoon chopped parsley
1 tablespoon minced onion	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter	1 egg
$\frac{1}{2}$ teaspoon pepper	

Soak bread in cold water, when soft press out all the water; fry onion in butter, add bread, parsley, and seasoning. Add beaten egg last.

#### No. 3

$\frac{1}{2}$ cup lean veal	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup bacon fat	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup bread crumbs	1 teaspoon onion
1 teaspoon parsley	

Chop meat very fine, add bread crumbs soaked and pressed, and seasonings.

## CHAPTER X

### SOUPS

**S**OUPS are an important factor in the dietary of most families. The clear soups are used as a stimulant to flagging appetites and as a carrier of easily digested foods for the very young and the old. The more hearty soups such as cream soups, purees and thick vegetable and cereal soups are rich in food value and take the place of many more solid foods.

The usual grouping is soups made with meat and those made without. Many cooks feel that soups made without meat and stock are not as well flavored as those made with stock. That need not be so. Very good purees can be made without stock and the fish bisque has a delicate flavor which to many is quite as acceptable as the meat flavored soups.

In soups made without meat, the foundation is usually milk. The milk should be cooked below the boiling point. In the recipes of the following chapter when the expression is found—"scald the milk," it means that it shall be cooked in a double boiler.

Meat soups can be made from left-over scraps, trimmings, bones from steaks and roasts or from cheap cuts of fresh meat. Meat cut from the shin, and neck have considerable flavor and make very good stock. In stock making, the tougher parts of meat can be used to advantage. The tougher cuts are more albuminous and make therefore what is known as the kind of stock that "jellies." Use all the parts of the meat; do not trim off the fat. It will be skimmed off when the stock is used in soup making.

It takes long, slow cooking to make good soup and it is best to put the meat in *cold* salted water which simmers for hours, but never boils. The gentle simmering draws the juices out of the meat so that all the flavor is extracted.

Allow one pint of cold water to every pound of meat. Wipe the meat and cut in cubes and put on to cook. After five or six hours add whatever vegetables you prefer. Usually carrots, turnip, celery and parsnip are added. A sprig of parsley may be thrown in.

It is best not to remove the scum that comes to the top during the cooking. It is strained out later. Strain and cool the soup as quickly as possible after it is cooked, to avoid spoilage. A cake of fat will form on top of the soup as it chills. This should not be removed.

It keeps the contents of the kettle airtight and acts as a preservative. Do not clear the soup until you want some of it for broth. For vegetable and other thick soups it is best to use the stock just as it is. If a clear stock is preferred, but not as clear as bouillon, strain the soup through a jelly bag or a thick piece of unbleached muslin.

To make a clear bouillon of the stock, take off as much stock as is to be used, and then for each quart allow one egg and one shell. Beat the egg slightly, and crush the egg shell a little. Add to the cold stock. Set on the fire and stir constantly until the stock boils, then let simmer gently for about twenty minutes. Then strain through a double thickness of muslin wrung out of hot water. Put the muslin in a strainer to avoid burning the hands. Do not attempt to hold it over the mouth of the kettle into which the soup is being poured. The soup will be quite clear and is ready to serve either as is, or with some cooked cereal added. If anything in the way of garnish is added to the soup, it should be cooked separately and put in the plate or cup and the soup poured over it.

Clear soups are usually garnished with forcemeats or cooked tapioca or fresh peas. They may, however, be served plain and bread sticks served with them. Soup garnishes are easily made and help give variety to the simple clear soups. Those given at the end of the chapter can be varied with the addition of spices and herbs. The quenelles are usually reserved for formal occasions. They take some little time to make, but for special purposes they are well worth the trouble.

### White Stock

6 lbs. knuckle of veal  
4 quarts cold water  
1 tablespoon salt

6 peppercorns  
Celery root or  
 $\frac{1}{2}$  teaspoon celery seed

1 onion

Wipe the veal, cut the meat fine and break bones. Put it into kettle with cold water and salt. Skim as it boils, and when clear add seasonings. Simmer until bones are clean and liquor reduced one-half. Strain and when cool remove fat. Use it for white or delicate soups.

### Economy Soup Stock

$\frac{1}{2}$  teaspoon celery seed  
1 tablespoon salt

1 clove  
4 peppercorns

Use bones and trimmings from roast beef, beefsteak bones and trimmings, mutton chop bones, any cold vegetables, except squash; cold cooked eggs, crusts of bread, and gravies, if any. For six pounds of meat use four quarts of cold water, add seasonings, and let simmer

six to eight hours, until the meat is in shreds and the water reduced one-half. Strain and set away for stock.

### Brown Soup Stock

6 lbs. shin of beef		$\frac{1}{2}$ bay leaf
4 quarts cold water		6 peppercorns
Carrot	} $\frac{1}{4}$ cup each, cut in cubes	4 cloves
Onion		2 sprigs parsley
Turnip		1 tablespoon salt
Celery	}	

Wipe beef with wet cloth and cut in inch cubes. Brown one-third of this in marrow from the marrow-bone. Put this with remaining two-thirds of meat, with bone and fat, into kettle. Add salt and water. Let stand at least one hour. Then heat very slowly to boiling point. Reduce temperature, cover, and let simmer for six or seven hours. Add vegetables and seasonings the last hour of cooking. Strain and cool quickly.

### Ox-Tail Soup

1 ox-tail	1 tablespoon salt
1 quart brown stock	Few grains cayenne

Wash and cut ox-tail in small pieces, dredge one-half of joints with flour, sprinkle with salt and pepper and brown in hot fat. Add to the rest and simmer until perfectly tender in enough water to cover. Take out the browned joints and boil the rest to shreds. Strain, cool, and remove the fat. Reheat this stock, add the brown stock, salt and pepper, and the reserved joints.

### Tomato Soup, with Stock

6 tomatoes, or	Bit of celery root or
1 quart canned tomatoes	$\frac{1}{2}$ teaspoon celery seed
1 onion	1 tablespoon flour
2 cloves	1 tablespoon butter
6 peppercorns	} for every qt. of soup

Take bones and trimmings from roast beef and any other scraps of meat or bone. Put in kettle and cover with cold water, twice as much water as meat. Add seasonings and cook for four hours. Skim off fat, add tomatoes, and cook thirty minutes. Skim out bones and meat and strain liquor through a puree strainer, rubbing all tomato pulp through. Heat and thicken with flour, cooked in the butter.

### Royal Soup

3 or 4 lbs. fowl	1 pint cream
3 quarts cold water	1 tablespoon butter
1 tablespoon salt	$\frac{1}{2}$ tablespoon corn starch
6 peppercorns	1 teaspoon salt
1 tablespoon chopped onions	1 saltspoon white pepper
2 tablespoons chopped celery	2 eggs

Singe, clean and wipe the fowl. Cut off the legs and wings, and disjoint the body. Put it on to boil in cold water. Let it come to a boil quickly, and skim thoroughly. The meat may be removed when tender, and the bones put on to boil again. Add the salt and vegetables. Simmer until reduced one-half. Strain and when cool remove the fat. For one quart of stock allow one pint of cream. Boil the stock, add the butter and cornstarch cooked together, and the seasoning. Strain it over the beaten eggs, stirring as you pour, or the eggs will curdle.

### Beef Puree

1 pint beef broth	1 egg yolk
1 tablespoon sago	2 oz. raw beef

Soak sago one-half hour in enough water to cover, stir into hot broth and cook until soft, add egg yolk mixed with a little broth and the beef, free from fat, and reduce to a pulp. Cook three minutes.

### Southern Chicken Soup

1 3-lb. fowl	2 teaspoons salt
2 quarts cold water	$\frac{1}{2}$ teaspoon pepper
3 tablespoons cooked rice	1 teaspoon minced parsley

Cut all the meat from fowl, reserving the breast whole. Cut the rest into bits, break the bones, and put them with the meat and salt water into the kettle. Place the breast on the top of the other meat. Cook four hours. Remove the breast as soon as tender. Skim often at first, strain and add rice and breast cut in dice, also seasonings and parsley.

### Mutton Broth

3 lbs. mutton	1 teaspoon salt
2 quarts cold water	Few grains pepper
$\frac{1}{2}$ cup barley	

Wash and soak barley over night. Wipe meat, remove skin and fat, and cut in pieces. Put in kettle with bones and seasonings and cover with cold water. Bring to boiling point and simmer until meat is tender; strain, cool; remove fat. Reheat, add barley and cook until barley is tender.

### Oyster Soup

1 quart oysters	2 tablespoons flour
1 quart milk	1 teaspoon salt
2 tablespoons butter	Few grains pepper

Drain oysters through wire strainer placed over bowl, reserve liquor. To wash: Pour over oysters cold water, using two cups water to each quart oysters. Examine each oyster for bits of shell. Put liquor on to boil, skim and strain through double cheesecloth. Scald



milk, thicken with flour and butter cooked together; cook oysters in cleared liquor until they grow plump and edges curl. Add this to milk with seasoning and serve.

### Oyster Stew

1 quart oysters	$\frac{1}{2}$ saltspoon pepper
1 cup liquor	1 tablespoon butter
$\frac{1}{2}$ cup water	1 tablespoon rolled cracker
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup milk or cream

Clean and pick over oysters as for oyster soup. Heat oyster liquor and water to boiling point, strain and add oysters. Cook until oysters grow plump and edges curl. Add seasonings, butter and cracker crumbs; add scalded milk or cream before serving. A few grains of nutmeg add to the flavor.

### Shrimp Soup

1 quart oysters	1 tablespoon butter
1 pint shrimps	$\frac{1}{2}$ teaspoon salt
1 pint water or veal stock	Few grains pepper
1 tablespoon flour	$\frac{1}{2}$ cup cream

Clean and pick over oysters. Boil liquor with water or stock; skim and strain. Thicken with flour cooked in melted butter, add seasonings. Remove black vein and any shells from the shrimps and cut fine. Add shrimps, oysters and cream to the soup and cook until oysters are plump and edges curl.

### Bisque of Crab

4 large crabs	1 tablespoon butter
3 pints white stock	1 tablespoon flour
1 cup rice	$\frac{1}{2}$ teaspoon salt
1 cup cream	Few grains pepper

Wash and boil crabs, open them and take out meat. Cut fine and pound in a mortar. Add the washed rice and crabs to the stock and simmer thirty minutes. Rub through a sieve. Bind with butter and flour cooked together; add cream and seasonings, reheat and serve.

### Clam Broth

Twenty-five clams washed and drained. Steam till the shells open easily; save every drop of juice that comes with opening and add enough water to make one quart. With a pair of scissors trim off the soft part of the clam and reserve to serve with the broth. Chop the tough portion a little and simmer fifteen minutes in the broth. Strain and add pepper and salt if needed and serve in very small bouillon cups. Send the reserved portion to the table with melted butter and lemon juice poured over them.

## Bouillabaise

Use two kinds fish and ask the man to save trimmings. Put trimmings in kettle with one large onion, sprig of parsley, slice of carrot, a bay leaf, a pinch of thyme and salt and pepper. Cover with three pints of water and simmer gently until stock is reduced to two cups. Strain and reserve the stock until needed. Cut fish into small slices as large as piece of white bread toast. Rub each piece well with salt and pepper first and then mixture made of three bay leaves broken very fine, one-half teaspoon, thyme powdered fine, three sprigs parsley, three heads garlic and one-half teaspoon ground allspice. Rub this mixture into fish. Fish should absorb all of the spices. Do not break slices, but be sure that spices are all through fish. Chop two large onions, and saute in a large, flat pan, in olive oil. When onions are tender and beginning to brown add slices of fish, but do not let slices touch. Cook fish on one side for about ten minutes and then turn and cook other side. Take fish out and add to oil and onions two cups water and juice of one lemon (or two cups white wine) and stir hard. Now add six large, fresh tomatoes sliced very thin and let boil about five minutes and then add fish stock. Season with salt, pepper, cayenne, and cook until stock is reduced about one-half. Add slices of fish and boil briskly for five minutes. Stir in pinch fine saffron. Make piece of toast for each piece fish; lay fish on toast and cover with sauce. Serve immediately.

## Calf's Head or Mock Turtle Soup

1 calf's head	4 tablespoons flour
2 quarts brown stock	6 cloves
2 quarts water	1 blade mace
$\frac{1}{2}$ cup { sliced onion	6 allspice berries
{ carrot cut in dice	1 chili
2 tablespoons butter	2 sprigs thyme
1 tablespoon salt	

Clean calf's head thoroughly, cut in half and wash in salt water. Remove brains and tie them in coarse muslin, to be cooked separately. Cook calf's head until tender (about five hours), in four quarts salted water. Remove meat from bones, return bones to kettle, add vegetables and seasonings and boil until water is reduced to two quarts. Strain and cool. Remove fat and add brown stock. Then melt and brown butter and flour, cook until smooth, combine with soup for thickening and simmer five minutes. Cut tongue in dice. Chop meat fine. Cook brains twenty minutes, and pound with chopped meat. Season with salt, pepper and thyme. Add little beaten egg to bind it together, shape in small balls and fry them brown in little butter. Put meat balls and diced tongue into tureen and strain hot soup over.

**Green Turtle Soup**

- |                          |   |
|--------------------------|---|
| 1 10-lb. turtle          | 10 whole cloves                         |
| 4 quarts cold water      | $\frac{1}{2}$ teaspoon peppercorns      |
| 1 tablespoon salt        | 2 bay leaves, $\frac{1}{2}$ bunch herbs |
| $\frac{1}{2}$ cup butter | 2 onions                                |
| 4 tablespoons flour      | 2 tablespoons parsley minced            |
| 8 hard boiled eggs       |   |

Kill the turtle by cutting off head with a very sharp knife. Hang up by the tail and let it bleed for twelve hours. Separate upper from lower shell, being careful not to cut the gall bladder. Cut the meat from the breast in slices and reserve; remove the gall bladder and entrails and throw them away. Cut the fins off as near the shell as possible. Place the upper and lower shell in a large kettle, pour over four quarts cold water, simmer gently until bones fall apart. Put into soup kettle head, fins, liver, lights, heart and all meat; add all seasonings, cover with liquor in which shells were boiled and simmer until meat is thoroughly done; strain the mixture through a fine sieve. Melt the butter and brown in it the onion chopped fine, add the flour and cook together until brown. Add a pint of the soup, a little at a time, and cook until smooth, combine with rest of the soup. Add the cut meat, the hard boiled eggs chopped fine, and lastly the vinegar.

**Barley Soup****Czecho-Slovak (Bohemia)**

- |                     |                                   |
|---------------------|-----------------------------------|
| 1 carrot            | Small piece garlic                |
| 1 potato            | $\frac{1}{2}$ cup rice or barley  |
| Parsley             | 4 mushrooms (dried)               |
| $\frac{1}{2}$ onion | $1\frac{1}{2}$ tablespoons butter |
| 1 tablespoon flour  |                                   |

Boil rice or barley separately. Cut up carrot, potato and mushrooms and boil in a quart of water. When almost finished, add sliced onion, parsley and garlic, which has been cut very finely, and mashed with salt. Add cooked barley or rice. Melt butter and brown flour, add slowly to soup.

**Black Bean Soup**

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|--------------------|-------------------------------|
| 1 cup black beans  | 1 oz. fat meat                |
| 3 pints water      | 2 teaspoons salt              |
| 1 small onion      | 1 clove                       |
| 2 hard boiled eggs | $\frac{1}{2}$ teaspoon pepper |
| 1 small lemon      | Few grains cayenne            |

Soak beans over night; in the morning drain and add cold water, with meat, onion and clove. Simmer three hours, or until beans are soft. Add more water or stock as water boils away. Rub through a puree strainer. Season with salt and pepper. Be sure the beans are

thoroughly cooked or the soup will have a granular feeling to the tongue. Serve over the sliced eggs and lemon.

### Baked Bean Soup

3 cups cold baked beans	2 tablespoons butter
3 pints water	2 tablespoons flour
2 slices onion	1 tablespoon Chili sauce
2 stalks celery	Salt
1½ cups stewed and strained tomatoes	Pepper

Put beans, water, onion and celery in saucepan; bring to boiling point and simmer thirty minutes. Put through a sieve, add tomato and Chili sauce, season to taste with salt and pepper, and mix with the butter and flour cooked together. Serve with crisp crackers.

### Baked Soup

6 potatoes	1 grated carrot
1 onion	¼ cup rice
6 tomatoes, or	3 quarts water
2 cups canned tomatoes	1 tablespoon salt
1 turnip	1 tablespoon sugar
1 can peas	½ teaspoon pepper

1 pinch allspice

Slice vegetables and place with seasonings in alternate layers in the bottom of a stone crock with a cover. Boil any carcasses of cold fowl, bones of waste meat, or steak with trimmings, in three quarts water, until reduced to two quarts. Strain, cool and remove fat. Pour the broth over the vegetables, put on the cover, and seal with paste to keep in the steam. Set jar in pan of hot water. Place in oven from four to six hours.

### Julienne

1 quart brown stock	½ teaspoon salt
1 pint mixed vegetables—celery, turnip, carrot, onion, cabbage	½ saltspoon peppercorns

Cut celery and turnip into dice. Cut carrot into match shaped pieces, slice onion. Cabbage should be coarsely chopped. Cook the vegetables in boiling salted water until tender. Drain them and add to the soup a few minutes before serving. A richer soup may be had by retaining the vegetable stock.

### Herb Soup

½ pint finely shredded spinach	3 teaspoons salt
½ pint shredded sorrel	4 tablespoons butter
½ blanched and sliced leek	1 tablespoon chervil
The white heart leaves of a head of lettuce	2 quarts boiling water
4 potatoes, medium size	½ pint bread cut in dice and fried in butter or browned in the oven

Have the sorrel, spinach, and lettuce fresh, tender and free from tough midribs. Wash and shred. Cut the washed leek into thin slices. Put in the stewpan with the butter and cook fifteen minutes, being careful not to brown. Now add the potatoes, salt and boiling water. Place the stewpan where the contents will boil quickly, and when the soup begins to boil, draw the stewpan back where the contents will boil gently for one hour. At the end of this time crush the potatoes and chervil with a fork, and simmer five minutes longer. Turn into the soup tureen, add the crisped bread, and serve. If preferred, the soup may be rubbed through a puree sieve, returned to the fire, and when boiling hot be poured on the yolks of 2 eggs which have been beaten with two tablespoons of milk. This soup may be varied indefinitely. Any number of green vegetables can be employed in making it, care being taken to use only a small quantity of those of pronounced flavor.

#### Puree of Lima Beans

1 pint lima beans	1 tablespoon flour
6 pints cold water	2 teaspoons salt
3 small tomatoes	$\frac{1}{2}$ teaspoon pepper
1 tablespoon butter	Few grains cayenne

Soak beans over night if dry; in the morning drain and add cold water. Cook until soft, rub through a sieve, add salt, pepper and cayenne. Reheat soup, melt butter, add flour, cook together until perfectly smooth, add one cup of soup, stirring all the time. Add to the remainder of the soup. Slice the tomatoes very thin, add to the soup and cook three minutes. Soup stock or the liquid of a can of tomatoes may be used to cook the beans, in place of the water.

#### Puree of Lentils

3 pints lentils	2 leeks
2 quarts broth	1 small onion
4 oz. salt pork	1 sprig parsley
2 tablespoons flour	1 teaspoon sugar
	2 teaspoons salt

Wash and pick over the lentils and soak over night in cold water. In the morning, drain. Put in kettle with cold water to cover, add vegetables and salt pork. Boil until the beans fall to pieces. As the water evaporates, add broth. When tender, rub all through a puree. Remove fat, thicken with flour cooked in butter, add sugar and salt, cook for five minutes and serve.

#### Okra Soup

Slice one large onion, one quart of okra and six tomatoes. Saute in hot fat in a large kettle. Add three quarts of water, one bay leaf,



one-half teaspoon thyme and salt and pepper to taste. Chop fine one small red pepper pod, from which the seeds have been removed, and add with the seasoning. Cook about one and one-half hours until the okra is tender and the stock has been reduced to about two quarts. Serve with white bread croutons which have been rubbed all over with the cut side of an onion.

### Onion Soup

6 medium sized onions	3 tablespoons butter
3 cups cold water	4 tablespoons flour
2 cups scalded milk	1 egg yolk
Salt and cayenne	2 tablespoons Parmesan cheese
1 tablespoon pimento	

Chop onions, cook in two tablespoons butter five minutes; add water, cook thirty minutes, press through a sieve. Melt remaining butter, add flour, scalded milk and seasonings, cook five minutes. Combine mixtures, add egg yolk slightly beaten, Parmesan cheese and pimento.

### Scotch Soup

2½ quarts water	2 onions sliced
1½ cups rolled oats	2 tablespoons flour
5 potatoes cut in small pieces	2 tablespoons fat

Boil the water and add the oatmeal, potato, and onion, one-half tablespoon salt and one-half teaspoon pepper. Cook for one-half hour. Brown the flour with the fat and add to the soup. Cook until thick. One cup of tomato adds to the flavor. Serves five people.

### Vegetarian Soup

3 quarts water	1 leek
1 quart shredded cabbage	2 tomatoes
1 pint sliced potato	2 tablespoons minced celery
½ pint minced carrot	2 tablespoons green pepper
½ pint turnip	2 tablespoons butter or drippings
½ pint minced onion	2 teaspoons salt
½ teaspoon pepper	

Have the water boiling hot in a stewpan and add all the vegetables except the potatoes and tomatoes. Boil rapidly for ten minutes, then draw back where it will boil gently for one hour. At the end of this time add the other ingredients and cook one hour longer. Have the cover partially off the stewpan during the entire cooking. This soup may be varied by using different kinds of vegetables.

### Split Pea Soup

1 pint split peas	2 tablespoons celery
4 quarts water	1 tablespoon flour
½ pound salt pork	1 tablespoon butter
1 large onion	1 teaspoon pepper
1 sprig parsley	

Pick the peas over, that there may be no blemished ones among them, then wash and soak in cold water over night. In the morning turn off the water and put them in the soup pot, with the cold water and salt pork. Simmer gently seven hours, being careful that the soup does not burn. When it has cooked six hours, add the seasoning. Have a large wooden spoon to stir the soup. When done it should be thin enough to pour. By boiling it may become too thick; if so, add boiling water. When thoroughly cooked, the soup is smooth and rather mealy. If not cooked enough, after standing a few minutes the thick part will settle, and the top look watery. At the end of seven hours strain the soup through a sieve and return to a soup pot. Beat the flour and butter together until creamy, then stir into the soup and simmer one-half hour longer. If the salt pork has not seasoned the soup sufficiently, add a little salt. For some tastes soup would be improved by addition of a quart of hot milk. Serve little squares of fried bread in separate dish.

### Potato Soup

1 quart milk	$\frac{1}{2}$ teaspoon celery salt or celery
3 potatoes	stalk
2 slices onion	1 teaspoon salt
2 tablespoons butter	Few grains pepper
1 tablespoon flour	Few grains cayenne
1 teaspoon minced parsley	

Cook potatoes in boiling salted water until soft, drain, rub through puree strainer. Scald milk with onion and celery stalk; remove onion and celery and add milk slowly to potatoes, stirring constantly. Melt butter, add dry ingredients, stir until well mixed, then add to hot soup. Add also the minced parsley and cook one minute before serving.

### Pop-Corn Soup

Scald one quart of milk in a double boiler with one can of corn. Press through a sieve and add salt, pepper and a tablespoon of butter. Thicken with cracker crumbs and a handful of pop-corn. When serving, put one tablespoon of whipped cream on each plate of soup with a few kernels of the pop-corn.

### Green Pea Soup

1 quart shelled peas	2 tablespoons butter
3 pints water	1 tablespoon flour
1 quart milk	3 level teaspoons salt
1 onion	$\frac{1}{2}$ teaspoon pepper

Put the peas in a stewpan with the boiling water and onion and cook until tender, which will be about one-half hour. Pour off the

water, saving for use later. Mash the peas fine, then add the water in which they were boiled, and rub through a puree sieve. Return to the saucepan, add flour and butter, beaten together, and the salt and pepper. Now gradually add the milk, which must be boiling hot. Beat well and cook ten minutes, stirring frequently.

### Cottage Cheese Soup

$\frac{1}{4}$ cup butter	1 teaspoon salt
2 tablespoons cornstarch	Paprika
4 cups milk	Parsley
2 cups cottage cheese	

Melt the fat, remove from fire and add cornstarch. Stir the mixture until it is smooth, add the milk and return it to the fire. Boil three or four minutes, stirring constantly. Add the seasoning and the cottage cheese; beat vigorously a minute and serve hot.

### Dutchess Soup

1 quart milk	2 tablespoons flour
1 small onion	1 teaspoon salt
3 egg yolks	Few grains pepper
2 tablespoons butter	2 tablespoons grated cheese

Scald milk. Cook onion in butter until a golden brown, add flour and cook until frothy, blend with scalded milk and cook ten minutes. Rub through strainer and return to fire. Add cheese and seasonings. Beat yolks until light, dilute with one-half cup of soup, put in tureen and pour hot soup slowly over this, stirring briskly.

### Chestnut Soup

2 cups chestnuts shelled and blanched	Cayenne
3 cups cold water	Nutmeg
2 cups scalded milk	2 tablespoons onion
$\frac{1}{2}$ teaspoon celery salt	4 tablespoons butter
Salt	2 tablespoons flour
	1 cup milk or cream

Place chestnuts in cold water, bring to boiling point and cook until tender, press through a sieve, and add scalded milk. Cook onion in butter five minutes, add flour, seasonings and chestnut mixture. Cook five minutes, add milk or cream, strain and serve.

*Note:*—To shell chestnuts, make a cross on either side of the nut with a sharp knife. Put one teaspoon melted butter in dripping pan; add chestnuts and cook in oven until shells come off easily.

### Cream of Asparagus Soup

1 can asparagus	3 tablespoons flour
2 quarts white stock	6 peppercorns
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ can cream	

Cut off tips of asparagus and reserve. Add stalks of asparagus with the seasoning to the stock. Boil thirty minutes. Strain through puree strainer, thicken with flour cooked in melted butter. Add the asparagus tips and cream. Bring to boiling point and serve with croutons.

### Cream of Cabbage Soup

1 small cabbage	4 tablespoons butter
2 cups water	1 teaspoon salt
2 cups milk	$\frac{1}{8}$ teaspoon pepper
3 slices onion	Few grains cayenne
2 tablespoons flour	

Chop cabbage, add water, and cook until tender; press through sieve. Melt butter, add chopped onion, cook slowly five minutes, add flour, scalded milk and cabbage mixture; cook five minutes. Add seasonings, strain and serve.

### Cream of Farina Soup

1 pint boiling water	3 egg yolks
4 tablespoons farina	3 tablespoons cream
1 pint milk	$\frac{1}{2}$ teaspoon salt

Moisten farina with four tablespoons cold water, stir slowly into boiling salted water, cover and let cook gently for thirty minutes. Add the scalded milk slowly. Beat yolks, add cream and blend with the soup.

### Cream of Tomato Soup

#### (Mock Bisque)

$\frac{1}{2}$ can tomatoes	3 tablespoons flour
1 quart milk	1 teaspoon salt
$\frac{1}{8}$ teaspoon soda	$\frac{1}{2}$ teaspoon sugar
1 slice onion	$\frac{1}{8}$ teaspoon white pepper
3 tablespoons butter	Few grains cayenne

Scald milk with onion, remove onion and thicken milk with flour cooked in melted butter. Cook tomatoes with sugar fifteen minutes, add soda. Rub through puree strainer, add seasonings. Combine mixtures immediately before serving.

### Cream Soups Foundation

1 quart milk	1 tablespoon flour
1 tablespoon butter	1 teaspoon salt
1 teaspoon chopped onion	$\frac{1}{2}$ saltspoon white pepper
1 speck cayenne	

Scald milk with onion. Melt butter, add flour and cook until frothy, but be careful not to let the butter brown; add one cup of the hot milk slowly and cook together until thickened. Return to the double boiler. Add seasonings. It is now ready to finish in any way.

**Cream of Cauliflower Soup**

4 cups hot white stock or water	$\frac{1}{2}$ bay leaf
1 cauliflower	$\frac{1}{4}$ cup flour
$\frac{1}{4}$ cup butter	2 cups milk
1 slice onion	Salt
1 stalk celery cut in inch pieces	Pepper
or $\frac{1}{2}$ teaspoon celery salt	

Soak cauliflower, head down, one hour in cold salt water to cover; cook in boiling water twenty minutes. Reserve one-half flowerlets, and rub remaining cauliflower through sieve. Cook onion, celery, and bay leaf in butter five minutes. Remove bay leaf, then add flour and stir into hot stock or water; add cauliflower flowerets, and reheat.

**Cheese Soup**

2 tablespoons of Parmesan	1 cup boiled rice or spaghetti
1 quart of hot milk	1 saltspoon of salt
2 well-beaten eggs	$\frac{1}{4}$ teaspoon of pepper

In a large saucepan melt the cheese with a little milk. When the cheese is dissolved, slowly add one quart of hot milk (do not let the milk come to a boil, keep stirring constantly). Then stir in two well-beaten eggs, adding them very slowly to prevent curdling. Cook for five minutes, adding the seasoning and one cup of boiled rice or spaghetti, but do not let the mixture boil at any time.

**Clam Chowder**

1 tablespoon chopped salt pork	$\frac{1}{2}$ cup chopped celery
$\frac{1}{2}$ cup sliced onion	1 quart water
1 dozen clams	$\frac{1}{2}$ cup tomato
1 cup cubed potato	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup cubed carrots	$\frac{1}{16}$ teaspoon pepper
$\frac{1}{2}$ tablespoon fat	

Brown salt pork and onions together, clean and pick over clams, reserving liquor; chop finely. Cook potatoes, carrots and celery in boiling salted water (about one quart) until almost done. Add clam liquor, salt pork and onions, one cup water, clams and tomatoes. Season and stir in fat just before serving.

**Corn Chowder**

2 cups corn (cooked)	4 slices bacon
2 medium potatoes (cooked)	2 $\frac{1}{2}$ cups diluted evaporated milk
1 medium carrot	1 teaspoon salt
4 tablespoons navy beans or soy beans (cooked)	$\frac{1}{2}$ teaspoon pepper

Cut bacon in pieces, fry, add cooked vegetables, then milk. Cook until thoroughly heated, add seasonings and serve. Uncooked vegetables may be used but should be cooked before they are combined.



**Dixie Chowder**

Slice two medium sized potatoes (one and one-half cups sliced) and a small white onion and cook in one and one-half cups of salted water. When tender, add one cup of stewed tomatoes, one cup of canned corn and a minced green pepper. Bring to the boiling point and cook for five minutes. Heat one pint of rich milk, add one-eighth of a teaspoon of baking soda to the cooked vegetables and combine the mixtures. Add salt, paprika and celery salt to taste and serve hot.

**Split Pea Chowder**

One cup peas, two cups corn, canned; one cup milk; one tablespoon butter. Season with salt and pepper. Soak peas several hours, cook until soft, add corn and heat a few minutes. Then add milk and butter.

**Corn and Potato Chowder**

1 tablespoon fat	$\frac{1}{2}$ teaspoon salt
1 medium sized onion, sliced	$\frac{1}{2}$ teaspoon paprika
2 large diced potatoes	1 pint milk
$\frac{1}{2}$ can corn	1 cup boiling water

Brown the onion in the fat, add seasoning, corn, boiling water and potato and cook until the potato is soft. Add the milk and bring to the boiling point.

**Imperial Sticks**

Cut one-third inch slices of stale buttered bread into three-fourth inch strips and brown in oven.

**Croutons**

Cut one-third inch slices of stale buttered bread, from which crusts have been removed, into one-half inch cubes, brown in oven.

**Pate a Choux**

1 tablespoon butter	5 tablespoons flour
$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon salt
	1 egg

Heat butter and water to boiling point, add flour all at once, and stir vigorously until mixture leaves the sides of pan; remove from fire, cool, add egg unbeaten, and stir until well mixed. Let paste stand for one-half hour, then drop small pieces from tip of teaspoon into hot, deep fat, fry until crisp and brown; drain on brown paper. To be served in clear soups.

**Noodles**

$\frac{1}{2}$ lb. flour	2 tablespoons lukewarm water
3 eggs	1 teaspoon butter
	1 teaspoon salt

Sift flour and salt, rub in butter, add gradually the beaten eggs and water, knead the paste for ten minutes, roll out as thin as possible and set aside to dry for fifteen minutes; cut into strips two inches wide, shred each strip into narrow, match-like pieces, let dry on board for thirty minutes.

### Spinach Balls

Equal bulk of finely chopped spinach that has been well seasoned, and very fine dry bread crumbs. Season highly with pepper, salt and cayenne. Add enough white of egg to moisten well, then stand aside to stiffen. Shape in balls size of a hickory nut; poach in the hot soup for five minutes, and serve three or four to each plate of clear soup.

### Forcemeat Balls

$\frac{3}{4}$ cup lean veal or chicken	1 egg white
$\frac{1}{2}$ cup stale bread crumbs	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup milk	Few grains pepper
2 tablespoons butter	Few grains nutmeg

Cook bread and milk to a paste, add melted butter and egg white stiffly beaten, and seasonings. Pound meat and add to the mixture. Then force all through a coarse strainer. Form into almond shaped balls between two spoons. Cook ten minutes in stock that must only simmer.

### Marrow Balls

1 tablespoon finely cut marrow	1 teaspoon chopped parsley
fat	1 teaspoon beaten egg
3 tablespoons fine stale bread crumbs	Salt and pepper

Mix ingredients and work to a smooth paste, form in balls the size of a filbert, drop into boiling soup and cook for ten minutes.

### Royal Custard

4 eggs	$\frac{1}{2}$ teaspoon salt
1 egg white	Few grains nutmeg
$\frac{1}{2}$ cup cream	Few grains cayenne

Beat the egg and seasonings together, add all of the cream or the same quantity of milk, strain through fine strainer into buttered timbale moulds. Set these moulds in saucepan with boiling water reaching to one-half their height, bake until firm. Cool, cut in slices or fancy shapes and add to consomme. One-half teaspoon of onion juice may be added before cooked.

### Royal Custard with Chestnuts

3 egg yolks	3 large chestnuts
3 tablespoons white broth	$\frac{1}{4}$ teaspoon salt
Few grains cayenne	

Boil chestnuts until mealy, pound and crush to a paste, mix with the broth. Beat eggs and seasonings and combine with broth mixture,

pour into buttered moulds, place in hot water, bake until firm. Cool, remove from moulds and cut into fancy shapes.

### Sponge Balls

Put the whites of two eggs in a teacup, fill the cup with milk and pour the contents into a stewpan; add one cup of flour and two table-spoons of melted butter; stir well over the fire until the batter is thick and smooth; set it to cool, after which stir into it the two yolks, a few pinches of salt, a little mace and drop into the boiling hot soup, a teaspoon at a time. Cook from eight to ten minutes.

## CHAPTER XI

### ONE DISH MEALS AND CASSEROLE DISHES

**T**HERE is always some season of the year when the busy housewife has more than she thinks she can do. It is at just such times that the cooking should be reduced to a minimum without unbalancing the diet.

The one dish meal is a boon to the housekeeper when she is busy either with her house or with social engagements. It's something of a relief to be able sometimes to get the whole dinner in one dish and have only the salad and dessert, if any is served, to prepare. With a reliable oven and good earthenware or glass dishes, the one dish meal is a very simple thing. You get everything ready, put it in the covered casserole and just let it cook.

The long slow cooking develops the flavor of the ingredients and usually the gravies from these one dish meals are rich in flavor and color. It is in this type of cooking that the cheaper cuts of beef and other meats can be used successfully. The toughest parts of beef have the best flavor but they require long slow cooking to soften the fibre and develop that flavor.

A whole meal in one dish does more than make cooking easy. It makes dishwashing easy as well. There is a saving of cooking utensils, serving dishes and tableware as well. In some countries where the one dish dinner is popular, it is eaten out of soup dishes with the gravy poured over biscuits with some cereal. In winter these meals are especially attractive; the rich hot gravies make you warm when you look at them and they do as much more when you eat them. There are, too, the chafing dish goodies which can be used for last minute cooking. In the small family this is more easily done than in the larger ones. Chafing dishes were not made to hold very large quantities of food, and for the family to wait while this dinner is cooking may prove something of a trial.

Whether the fuel is alcohol or electricity it does not matter. You can cook just so fast in a chafing dish and it is not possible to hurry. No very heavy or substantial meal can be cooked that way, but there are plenty of attractive nourishing dishes that can be called dinner dishes in an informal meal. The chafing dish meals are best reserved for light party cooking, suppers and informal out of door luncheons in warm weather.

Both the chafing dish and the casserole should be used freely where simple meals are prepared. At first, cooking at the table may prove somewhat confusing, but with a little practice the cook will soon learn to have all of the food that is to be used ready on a tray in front of her, or at a little side table easily reached.

The meal can always be amplified by a hearty salad, if the chafing dish proves inadequate. The salad, which must be crisp and cold, may be prepared in the morning and kept on ice. That leaves the entire day free if the cooking is done at the last minute.

Whether it is to be a one dish dinner in the casserole or a chafing dish treat, the meal must be planned in advance and the marketing done early.

### Shepherd's Pie

1 lb. cold lamb	2 tablespoons fat
2 cups cold cooked potato	$\frac{1}{2}$ cup stock
Salt and pepper	

Cut the lamb into cubes and the potatoes into thin half slices. Put them in a deep baking dish, add the stock, salt and pepper and one tablespoon of fat, cut into small bits. Then make the crust.

### Crust

4 large potatoes	$\frac{1}{4}$ cup milk
1 cup flour	Salt and pepper

Boil the potatoes, mash them, beat up with the milk, salt and pepper. Add the flour and make a soft dough. Knead thoroughly. Cut slits in the crust as for apple pie. Pinch this crust on to the casserole in which are the meat and potatoes, bake in a moderate oven until the crust is done (about thirty-five minutes). Serve in the dish in which it is cooked.

### Italian Casserole Roast

3 lbs. rump of beef	1 large carrot
$\frac{1}{2}$ lb. salt pork	1 white turnip
5 peppercorns	1 head green celery, diced
Salt to taste	

Try out the pork and brown the meat well on both sides. Put into a baking dish with the rendered fat, surround with the vegetables, cover with two cups stock, cover the dish, bake in a moderate oven about four hours. Baste occasionally with more stock or hot water. Serve with the vegetables and corn meal mush in place of potato.

### Meat and Green Bean Roast

3 lbs. chuck steak	2 medium potatoes, cubed
3 large carrots, diced	1 onion, sliced
1 teaspoon salt	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ lb. of salt pork	1 quart green beans



Put the meat in a bean pot, and cover with water. Lay the salt pork in and cook gently for about two hours. Add the green beans, carrot and onion. Cook until meat begins to get tender. Add the diced potato and cook until all the ingredients are cooked through. This dish should be highly seasoned. To facilitate serving, the meat may be cut into pieces large enough for one helping before putting into the pot. This is a very hearty dinner.

### Tamale Pie

2 cups corn meal	2 cups tomatoes
2 teaspoons salt	$\frac{1}{2}$ teaspoon cayenne pepper
6 cups boiling water	1 teaspoon salt
1 onion	1 teaspoon vinegar
2 tablespoons fat	$\frac{1}{4}$ teaspoon mustard
1 lb. chopped meat	1 small green pepper

Make a mush by stirring the cornmeal and salt in boiling water. Cook over hot water forty-five minutes. Brown the onion in the fat, add the meat and stir until the color disappears, add the tomato and other seasoning. Grease a casserole, line with the mush, put the meat and vegetables in, cover with a corn mush cover. Bake thirty-five minutes in a hot oven. Brown the top under the broiler if it doesn't brown through. This may be served with a simple green salad.

### Fricandelles

2 cups left over cooked meat	3 tablespoons onion juice
2 tablespoons fine bread crumbs	1 raw egg
1 cup mashed potato	Salt and pepper

Sliced tomatoes

Mix the ingredients into a smooth paste, and make into little round cakes. Lay in an earthenware dish, and pour melted hot fat over the top. Bake in a quick oven, and when nearly cooked through lay the sliced raw tomatoes on top, and let them bake ten minutes. Just before serving, sprinkle with cheese and put under the gas flame to broil the tomato and brown the cheese. Serve with either lemon or Worcestershire sauce.

### Boiled Dinner

2 lbs. corned beef	6 large potatoes
1 lb. lean bacon	1 small head cabbage
1 lb. shin of beef	1 yellow turnip
6 carrots	Salt and pepper

Cook all the meat in enough water to cover and when the meat is half done, add the whole potatoes, the whole carrots, the turnip cut in large cubes and the cabbage cut in eight sections. Cover kettle, cook gently until all the vegetables are done. If the gravy is thin, thicken with cornstarch. Serve with corn muffins.

### Chili

2 tablespoons fat	1 cup kidney beans
1 lb. beef cut in cubes	$\frac{1}{2}$ cup tomato
$\frac{1}{2}$ teaspoon paprika	1 onion, chopped
1 green pepper	Salt and pepper

Brown the meat in the hot fat, add the pepper and onion and fry golden brown. Add tomato, seasoning, and water and cook until meat is tender. Cook beans separately. Combine meat and beans and bring to the boiling point. Serve hot.

### Mock Sausage

$\frac{1}{2}$ cup dried lima beans	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup crumbs	$\frac{1}{2}$ cup chopped raw beef
$\frac{1}{2}$ teaspoon salt	3 tablespoons onion juice
2 eggs	

Soak beans over night and in the morning cook until tender. Drain, save water. Put through a fine sieve, add the breadcrumbs, chopped meat and seasoning and one egg. Make a smooth paste, shape into small rolls. Dip in beaten egg and bread crumbs and brown in bacon drippings or any other fat. Serve with a chopped cabbage and tomato relish; this makes a complete meal.

### Scalloped Potato and Ham

6 potatoes	1 lb. ham
Pepper	2 cups milk
Parsley	

Paré potatoes and slice thin. Cut ham in pieces suitable for serving. Lay in the bottom of a casserole, season with pepper and put the sliced potato on top. Add the milk and bake slowly until the potatoes are tender. Sprinkle chopped parsley on top just before serving. With this, serve a string bean salad.

### Mexican Rice and Ham

1 $\frac{1}{2}$ lbs. smoked ham	1 cup rice
2 onions	1 cup green peas
8 stalks celery	Salt, pepper and cayenne

Dice ham, place in an iron frying pan and fry fifteen minutes. Add onions, sliced, and celery diced, well washed rice and cover with boiling water. Cook gently thirty-five minutes or until rice is nearly done. Add peas and seasoning. Cover tightly and steam for twenty minutes. This dish should be highly seasoned and should be served very hot.

**Yellow Squash and Meat**

3½ cups cubed squash	Salt
¾ lb. mutton	3 tablespoons chopped onion
5 tablespoons fat	2 cups tomato
1 teaspoon paprika	

Cut the mutton into small pieces and brown with the chopped onion in the fat. Add the squash cut into small cubes. Brown for a few minutes, add the tomato and seasoning, put into a baking dish, and cook in a moderate oven thirty-five minutes. Fifteen minutes before serving remove cover and let the top get brown. With a mixed vegetable salad this is a complete meal.

**Chicken Gumbo**

1 small chicken	2 onions
4 large tomatoes	1 large green pepper
12 okra pods	6 ears corn

**Seasoning**

Cut up chicken and stew in just enough water to cover. When meat is tender, remove the chicken and reduce the stock to about one cup of liquid. Add peeled tomatoes, cut in quarters, okra sliced fine, onions cubed and minced pepper. Simmer until vegetables are tender. Season and add corn cut from tender ears of fresh corn. Cover tightly and steam ten minutes. Put the chicken back into the casserole and steam until chicken is heated through. Serve with hot biscuit.

**Scalloped Pork and Potato**

6 medium sized potatoes	½ cup milk
Salt	1 cup cooked peas
Pepper	6 pork chops

Slice potatoes into a baking dish. Dust liberally with salt, pepper and flour. Add milk and peas. Lay pork chops on top and bake in a moderate oven until the chops and potatoes are cooked through. Bake if possible in dish in which it is to be served.

**Baked Hash**

2 cups chopped cooked meat	1 cup soup stock
2 cups raw potato, diced	1 teaspoon salt
2 tablespoons melted fat	½ teaspoon pepper

Mix all the ingredients together, turn into a well-greased tube mould and bake in a moderate oven one hour. When serving, turn out on a platter, fill center with peas and garnish with water cress.

**Sweetbreads with Peas**

3 tablespoons butter	$\frac{1}{2}$ cup cream
2 tablespoons flour	2 sweetbreads
1 cup milk	1 cup French peas

Seasoning to taste

Melt the butter, add the flour and stir until smooth. Add the milk and cream gradually, stirring constantly until boiling. Have the sweetbreads previously cooked and cut into large cubes, add to the sauce with the peas and seasoning, and heat thoroughly.

**Chicken Livers Sauted**

3 tablespoons butter, or butter and bacon fat	2 tablespoons flour
6 livers	1 cup stock
1 teaspoon onion juice	1 teaspoon lemon juice
	Seasoning

Melt the butter and cook the livers and onion juice in it for three minutes; add the flour, stir smoothly, and pour in the stock; bring to the boiling point and cook two minutes. Season, and serve at once or the livers will become tough.

**Lamb Terrapin**

2 cups cold lamb cut into dice	1 cup stock
2 tablespoons butter	$\frac{1}{2}$ cup cream
1 teaspoon dry mustard	2 hard cooked eggs
1 tablespoon flour	2 tablespoons sherry
1 tablespoon Worcestershire sauce	

Remove superfluous fat from the lamb. Melt the butter and add to it the mustard and flour, and when these are smoothly mixed, the stock, cream and sauce. Cook five minutes after the sauce reaches boiling point. Put in the meat, and yolks of the eggs passed through a sieve. Heat, and then stir in whites of the eggs finely chopped, and the sherry. Season, and serve on toast.

**Pigs in Blankets**

1 dozen large oysters	1 dozen thin slices bacon
	Seasoning

Pick over the oysters carefully, roll each in a slice of bacon and fasten the ends with a skewer. Put in a hot chafing dish and cook until bacon is crisp. Season, and serve very hot.

**Deviled Eggs**

2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
1 level teaspoon dry mustard	6 hard cooked eggs
2 tablespoons tomato catsup	2 tablespoons Worcestershire
$\frac{1}{2}$ teaspoon paprika or pepper	sauce

Put together in the chafing dish and heat all the ingredients, except the eggs. Bring to the boiling point and add the eggs cut in slices. Heat and serve on hot buttered toast.

**Scrambled Eggs with Tomatoes**

2 tablespoons butter  
1 teaspoon minced onion

1 cup canned or stewed tomato  
Salt and pepper to taste

6 eggs

Melt the butter and cook the onion in it for two minutes; add the tomato and seasonings and then the eggs slightly beaten. Cook until creamy, and serve on toast.

**Eggs with Green Peppers**

2 tablespoons butter  
4 finely minced green peppers

1 tablespoon tomato catsup  
6 eggs beaten with  $\frac{1}{2}$  cup cream

2 tablespoons grated cheese

Cook all the ingredients, except the eggs and cream, two minutes; then add eggs and stir until thick. Serve on toast.

**Deviled Tomatoes**

4 firm tomatoes  
 $\frac{1}{2}$  cup butter  
Seasoning of salt and pepper  
4 tablespoons butter

2 teaspoons sugar  
1 teaspoon mustard  
1 whole egg  
1 hard cooked egg yolk

$\frac{1}{2}$  cup vinegar

Peel and slice the tomatoes, season, and cook in the first butter until tender. Keep hot while the sauce is being prepared. Cream the four tablespoons butter, sugar and mustard; add the hard cooked and raw eggs, then the vinegar and seasoning. Cook in the upper pan, over hot water, until thick. Pour over the tomatoes, and serve hot.

**Savory Rarebit**

6 slices bread  
Butter  
Minced ham or anchovy paste

4 oz. grated cheese  
2 tablespoons thin cream or ale  
Seasoning to taste

Cut the bread into round or square slices and saute in the butter until slightly crisped. The quantity of butter will depend on the freshness of the bread, as the fresher it is, the more butter it will absorb. Spread each piece with the ham or anchovy and keep hot. Melt the cheese in the blazer of the chafing dish, and add the ale and seasoning. Spread over the ham and serve immediately.

**Pink Bunny**

1  $\frac{1}{2}$  lbs. cheese  
1 tablespoon butter  
 $\frac{1}{2}$  teaspoon mustard

1 cup cooked, strained tomato,  
or canned tomato soup  
 $\frac{1}{2}$  teaspoon pepper

1 teaspoon lemon juice

Melt the cheese as for Welsh Rarebit; add the butter and tomato, stirring constantly; season and add the lemon juice just before serving.



**Cheese Fondue**

1 tablespoon butter	2 cups grated mild cheese
1 cup milk	1 teaspoon dry mustard
1 cup bread crumbs	Cayenne
	2 eggs

Melt the butter in the chafing dish; add the milk, bread crumbs, cheese and mustard, and season with cayenne. Stir constantly and add two slightly beaten eggs a moment before serving.

**Cheese and Tomato Rarebit with Bacon**

1 can tomato soup	2 tablespoons green peppers
1 cup grated cheese	(minced fine)
$\frac{1}{4}$ cup pimiento (cut in strips)	Broiled bacon
	Salt and paprika

Pour tomato soup into a chafing dish, add grated cheese, pimiento and green pepper. Heat until cheese is melted. Season to taste. Serve on triangles of toast, with two strips crisp broiled bacon across each serving.

**Cheese Toast Sandwiches**

$\frac{3}{4}$ cup grated cheese	A little cayenne
1 tablespoon cream	Rounds of bread
$\frac{1}{2}$ teaspoon dry bread	$\frac{1}{2}$ cup butter

Put the cheese in a bowl with the cream and seasonings, adding more cream if necessary to form a paste. Spread between the slices of bread, and press closely together. Saute on both sides in the butter melted in the blazer of the chafing dish.

**Welsh Rarebit**

1 $\frac{1}{2}$ lbs. cheese	1 teaspoon dry cheese
1 tablespoon butter	$\frac{1}{2}$ teaspoon pepper or a little
$\frac{1}{2}$ cup milk	less of cayenne
1 tablespoon Worcestershire sauce	1 egg

Cut the cheese into small pieces and put it in the upper part of the chafing dish, having water in the lower pan. Let the cheese melt and become creamy, add the butter, milk and seasonings; cook until smooth, and just before serving, stir in egg slightly beaten. This prevents the rarebit being stringy. Have ready slices of bread or toast, dip them into the cheese and pour more cheese over them on the serving plate.

**Shrimps Southern**

2 tablespoons butter	1 $\frac{1}{2}$ cups stewed, strained tomato
1 teaspoon onion juice or grated onion	1 bay leaf
	Salt and pepper to taste
1 $\frac{1}{2}$ tablespoons flour	1 can or 1 pint shrimps

Melt butter, put in onion juice and flour and stir until smooth; add the seasonings, tomato and bay leaf, and stir constantly until boiling. Pick over the shrimps and heat them in the sauce. Serve plain or with boiled rice.

### Minced Clams

25 clams	2 tablespoons chopped parsley
4 level tablespoons butter	$\frac{2}{3}$ cup clam liquor
Salt, pepper and lemon juice	

Open and mince the clams, saving all liquor. Melt butter, add minced clams and liquor, cook three minutes and put in parsley and lemon juice. Heat thoroughly, season, and serve on toast.

### Clams Fricassee

2 level tablespoons butter	$\frac{1}{2}$ cup cream
$1\frac{1}{2}$ level tablespoons flour	$1\frac{1}{2}$ dozen clams
1 cup clam juice	2 egg yolks
$\frac{1}{4}$ cup sherry	

Melt butter, add flour, and, when these are smooth, add clam juice; next cream, and as soon as sauce boils, add clams coarsely chopped. Cook three minutes, and then add egg yolks and sherry. Serve on toast.

### Oysters and Mushrooms

2 cups oysters	Salt, pepper and lemon juice
3 level tablespoons butter	to taste
3 large mushrooms	1 egg yolk
2 level tablespoons flour	2 tablespoons sherry

Scald oysters and drain liquor from them; melt the butter, chop mushrooms and cook them in butter for three minutes; add flour, then oyster liquor, stirring constantly and, when boiling, add seasoning. Put in and heat oysters, and lastly, add egg and wine. Serve very hot on toast.

## CHAPTER XII

### CHEESE

**C**HEESE is probably one of the oldest dairy products and one of the very earliest forms in which milk was preserved for future use. It has for a great many years been one of the staple foods with some races. Through these years the method of making cheese has been changed and the keeping qualities improved so that we need have no fear of suffering any ill effects from cheese eating.

There is a long list of names to the various cheeses used today. Some take their names from the towns in which they are made, some from one of the ingredients and some are given trade and brand names for purposes of identification.

There are few if any of the cheeses which do not appear somewhere in our diet today. To the housekeeper, cheese is attractive because of the ease with which it can be stored and the variety of ways in which it can be used either alone or in combination with other foods, to make hearty and substantial dishes. It is used, too, for flavor with foods that are themselves bland.

Cheese lovers have their favorite kinds and brands, and will go out of their way to get cheese of a special consistency or flavor. Most cheese eaters though are satisfied to have a good grade of American cheese served either by itself or cooked into some dish with vegetables or cereals or in combination with fish and eggs.

In some sections of the country cheese is known only as an accompaniment to salads and pie. But in sections where there is considerable dairy farming and cheese is abundant, the housewives have had to find new ways of using this very nutritious and plentiful food.

Cheese has been elevated from an adjunct of apple pie at the very end of the meal, to the main dish. It must be considered a food for it is one of our best meat substitutes. Also if prepared properly and served at the proper place in the meal it cannot be considered indigestible.

Cheese soups although not universally used might well be added to the group of soups, more generally eaten. Cheese in soup has long been used in foreign countries. There are few things that will give as fine flavor to a finished dish as a little strong cheese sprinkled over it. Cheese omelettes and souffles while perhaps better known, are not as often eaten as they might be. Many cooks feel that cheese cookery

is difficult. It need not be. If cooked slowly cheese will not become stringy. It is the high temperature that spoils cheese in the cooking.

Cheese cakes and pastry are staples with some people and very delicious pastries are made with cheese in the dough, instead of being used as a filling. When new recipes are being tried and no cooking temperature is given, it is safe to assume that it is to be cooked at a low temperature unless it is pastry and then the recipe is baked as other pastries.

### Canapes

Canapes are made by cutting one-fourth inch slices bread into squares, diamonds or circles. These pieces are then dusted lightly with butter and browned in oven or fried in deep fat until a golden brown. They are then covered with a seasoned mixture of eggs, force-meat or cheese. They are served hot or cold and usually take the place of oysters at a dinner or luncheon.

### Cheese Canapes

1 cup grated cheese  
 $\frac{1}{4}$  teaspoon salt

Few grains cayenne  
 6 slices bread

Cut bread into circular pieces, sprinkle with a thick layer grated cheese, season with salt and pepper; place on a baking sheet and bake in oven or under gas flame until cheese is melted. Serve at once.

### Anchovy and Cheese Canapes

6 anchovies  
 2 hard boiled eggs  
 4 tablespoons butter  
 4 tablespoons cheese

$\frac{1}{4}$  teaspoon salt  
 Few grains cayenne  
 $\frac{1}{2}$  teaspoon lemon juice  
 6 slices bread

Wash and bone anchovies, pound them to a paste with egg yolks, butter and seasonings; fry bread, spread with above paste, and sprinkle over them whites of eggs chopped very fine, cover with grated cheese and toast under the fire for one minute.

### Cheese Balls

1 cup grated cheese  
 3 egg whites

$\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon pepper  
 $\frac{1}{2}$  cup bread crumbs

Beat whites until stiff; fold grated cheese into whites; add seasonings and let stand fifteen minutes. Make into balls size of a walnut, roll in bread crumbs, fry in deep fat until golden brown.

### Apple and Cheese Betty

Arrange alternate layers sliced apples and bread crumbs in an oiled baking dish. Sprinkle each layer of apples with brown sugar and cinnamon, or finely grated, full-cream cheese, leaving crumbs for top

layer. Place the dish in a pan of water to bake, as it burns easily. Serve with sweetened cream.

### Cheese Straws

5 tablespoons flour	$\frac{1}{2}$ cup bread crumbs
$\frac{3}{4}$ cup grated cheese	1 tablespoon milk
$\frac{1}{2}$ tablespoon butter	$\frac{1}{8}$ teaspoon salt

Few grains cayenne

Mix flour and seasonings, chop in butter, add crumbs and grated cheese and mix well, add milk to make a stiff dough, knead well; roll into a sheet one-fourth inch thick and cut into strips one-third inch wide. Bake in a moderate oven for ten minutes.

### Cheese Dreams

Cut thin slices bread and remove crusts. Cut in halves, cover with a slice (thin) American cheese, sprinkle with salt, paprika and cayenne; cover with another slice bread and saute on both sides in butter. These are more easily prepared small than large.

### Cheese Cream Toast

$1\frac{1}{2}$ tablespoons butter	$1\frac{1}{2}$ cups scalded milk
$1\frac{1}{2}$ tablespoons flour	Seasoning
$\frac{3}{4}$ cup mild grated cheese	

Melt butter, add flour, and when bubbling, pour on the hot milk, stirring briskly until the sauce is smooth. Add cheese and cook until cheese is melted, and pour over hot buttered toast.

### Cheese au Gratin

$\frac{1}{4}$ lb. grated cheese	3 cups milk
3 slices bread	2 tablespoons butter
4 eggs	$\frac{1}{4}$ teaspoon salt

Few grains cayenne

Butter a deep pudding dish; trim off crust and butter well the slices of bread, place in dish, butter side down. Add cheese and seasonings on top, beat eggs, add milk, pour over bread and let stand an hour. Bake twenty or thirty minutes in a moderate oven.

### Cheese Fritters

$\frac{1}{2}$ cup grated cheese	1 cup fritter batter
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Add grated cheese to batter, drop by spoonfuls into the hot fat, drain on soft paper and serve with a little grated cheese sprinkled over each.

### Cheese Souffle

$\frac{1}{4}$ lb. cheese, grated	5 tablespoons flour
1 cup scalded milk	4 eggs
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt

$\frac{1}{8}$  teaspoon pepper



Beat eggs, yolks and whites separately. Make a white sauce, add grated cheese, let it cool, then fold in stiffly beaten whites and bake at once in paper cases or in buttered baking dish. Bake from ten to fifteen minutes. Serve immediately, when taken from oven.

### Cheese Ramequins

4 tablespoons grated cheese	3 egg whites
2 tablespoons butter	$\frac{1}{2}$ cup bread crumbs
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon mustard
2 egg yolks	$\frac{1}{4}$ teaspoon salt
$\frac{1}{8}$ teaspoon pepper	

Cook milk and bread together until smooth, stirring often. Add cheese and butter and remove from fire. As soon as butter has melted stir in beaten yolks eggs and seasonings. Let cool a little before adding stiffly beaten whites. Bake in buttered ramequins for twenty minutes in a moderate oven. Serve at once.

### Cheese Fondue

1 cup scalded milk	1 tablespoon butter
1 cup stale bread crumbs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ lb. mild cheese (in small pieces)	3 eggs

Mix first five ingredients; add egg yolks beaten until stiff. Fold in egg whites beaten until stiff. Pour into buttered baking dish and bake twenty minutes in moderate oven.

### Cheese Relish

1 cup bread broken in small pieces	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup cheese	1 cup milk
1 teaspoon salt	1 egg
	1 tablespoon butter

Mix ingredients well, place in buttered baking dish and bake twenty-five minutes.

### Scotch Rarebit

Make a paste of one cup diced cheese, one tablespoon butter, two tablespoons bread crumbs, a teaspoon mustard, with salt, pepper and a pinch cayenne. Butter hot toast, spread with cheese and set in oven until well browned. Serve at once.

### Tomato Toast

2 tomatoes	Slice onion
2 eggs	$\frac{1}{4}$ teaspoon salt
1 tablespoon butter	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup grated cheese	6 rounds buttered toast

Skin tomatoes and chop; mince onion and mix with the cheese and tomatoes. Cook them with butter in a saucepan about ten minutes,

remove from fire, add beaten eggs, stir over fire until it sets, then serve on the toast.

### Welsh Rarebit

1 lb. American cheese not too strong	1 egg $\frac{1}{2}$ cup cream
1 tablespoon cornstarch	

Dissolve cornstarch in cream. Beat egg and add to mixture. Cut up cheese and pour in mixture. Put in double boiler and stir until melted and about to thicken. Continue to stir seasoning with salt to taste and adding paprika liberally. Stir until right consistency for serving and serve on dark caraway bread or toast, as preferred.

### Welsh Rarebit au Gratin

$\frac{1}{2}$ lb. Swiss cheese	Salt and pepper
6 slices thin toast	Mustard sauce

Cut cheese into slices one inch thick; lay toast in a dripping pan, cover each with slices cheese, spread with a made mustard and dust lightly with salt and pepper. Set in a hot oven till well melted, about ten minutes.

## CHAPTER XIII

### EGGS

**T**HE price of eggs depends on the season of the year in which they are bought. Although they are available all of the year, it is sometimes almost out of the question to use them as anything but a luxury. However, there are many months when eggs are cheap and at their best, and they should then be used freely.

There are so many ways of preparing eggs, that they need not get tiresome. There are, of course, all the simple and well-known ways of preparing them, as poached, boiled, fried or scrambled. Omelets too, are fairly well known to most people, but in combination with vegetables, sauces and cereals there is an endless variety of recipes, all equally good, but not as universally known and used.

The thing to remember in all egg cookery, no matter what recipe is used, is, that the eggs cook best at low temperatures. A very hot oven or a large flame under the pan will make them tough, and since the time for cooking eggs is so short anyway, there is very little excuse for trying to hurry the process by increasing the heat.

The protein content of egg is high, making a combination of egg and cereal, or egg and vegetable an ideal main dish for luncheon or even dinner. In the spring of the year when eggs are plentiful and cheap, it doesn't cost any more to serve them than it does to serve meat, and it makes a welcome change from the heavy winter diet.

As far as possible, serve eggs in the dish in which they are cooked. There are any number of attractive oven wares which make good looking table dishes. Eggs cooked and served in these retain their temperature and flavor better than when they are transferred from one dish to another. The finished product is usually so delicate and tender that it won't stand much handling. The souffles should always be cooked in a utensil which can be brought to the table.

For chafing dish cookery and late suppers, there are few things that are more attractive than eggs. The egg and cheese combinations are unlimited, and a change of flavor gives an entirely new dish.

The ingenious cook can make hundreds of dishes in which eggs are conspicuous. The recipes given have all been successfully used and should prove a welcome addition to the list of everyday foods.

Many of them are well known to large numbers, but there are always new recipes in every collection, and with a little care any of the egg dishes can be changed to give more variety.

### Poached Eggs

For this eggs should be new laid and cold. Pour a quart of water, 1 teaspoon salt, and 1 teaspoon vinegar in a shallow pan, arrange in as many muffin rings as there are eggs to be cooked, and set pan where water will bubble at one side only. Break eggs one at a time and slide them into rings. If water does not cover them, gently pour on a little more boiling water until it does. Cook until white is set over yolks, then pour off most of the water; with cake turner lift each egg and lay on slice of buttered toast, removing ring after it is in place. Poached eggs may be done in milk, stock, or in gravy which can be poured over toast on which they are served.

### French Poached Eggs

Keep egg round. Have sauce pan nearly full boiling water to which is added a tablespoon each vinegar and salt. When water is rapidly boiling, stir round and round with a spoon until water is in whirl then in center of whirl, drop egg. Cook 3 minutes, remove, trim neatly, and keep hot, while required number eggs are cooked one at a time. Place each egg on round of buttered toast, cover with Hollandaise Sauce, and serve with asparagus tips.

### Scalloped Eggs

6 hard boiled eggs	4 tablespoons butter
2 cups white sauce No. 2	1 teaspoon salt
$\frac{1}{2}$ cup cracker crumbs	$\frac{1}{4}$ teaspoon pepper
1 teaspoon chopped parsley	

Mix cracker crumbs in melted butter, slice eggs into a buttered baking pan; add seasonings and parsley minced fine; pour White Sauce over eggs and sprinkle top with the buttered cracker crumbs. Cook in moderate oven for ten minutes.

### Griddled Eggs

Heat griddle almost as much as for baking cakes, butter it lightly and arrange small muffin rings on it. Drop an egg in each and turn as soon as lightly browned. They resemble fried eggs, but are far more delicate.

### Scrambled Eggs

6 eggs	3 teaspoons butter
$\frac{1}{4}$ teaspoon salt	1 tablespoon milk
Speck of pepper	

Break eggs into bowl, add seasonings and milk; give 2 or 3 strong strokes with fork. Heat butter in omelet pan, add egg mixture; do not stir, but as egg cooks scrape gently from bottom of dish, drawing cooked mass to one side. Remove from fire before it is quite firm through, turn into hot dish and serve quickly. Will serve six persons.

### Plain Omelet

4 eggs	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ teaspoon salt	4 tablespoons milk or water
1 teaspoon butter	

Break eggs into bowl; add seasoning. Beat vigorously with fork and add milk. Melt butter in omelet pan, pour in eggs, shake over moderate fire until they are set. Roll and turn into hot dish.

### To Fold and Turn Omelet

Hold an omelet pan by handle in left hand; with knife make 2 inch cuts opposite each other at right angles to handle; place knife under omelet nearest handle, tip pan slowly over to hot platter, pass knife under omelet slowly when omelet will fold out.

### Additions Which Dress Up the Light Omelet

Three tablespoons fresh mushrooms, peeled, chopped, and fried lightly in just enough butter to keep from sticking. One cup stewed kidney. Serve with Tomato Sauce, adding to it extra gravy from kidneys. Three sardines skinned and boned, broken into bits and seasoned lightly with cayenne and lemon juice. One-half cup Lyonnaise potato.

### Light Omelet

For each egg allow one-eighth teaspoon salt, dust pepper, one tablespoon liquid (milk, cream, stock, tomato, etc.). Break whites and yolks separately, beating each until very light. Add liquid and seasoning to yolks, fold yolks into whites, stirring as little as possible. Have omelet pan hot, melt in it one teaspoon butter, turn in omelet and cook over slow fire until well browned on bottom, then set in oven until top is set. Fold carefully, not to break crust, and turn onto hot dish. Serve at once.

### Savory Omelet

1 dozen eggs	$\frac{1}{2}$ lemon
4 tablespoons gravy	4 tablespoons butter
2 sprigs parsley	1 teaspoon salt
4 chives	$\frac{1}{2}$ teaspoon pepper

Break eggs into bowl, add seasonings and gravy. Give mixture half dozen beats with fork. Have the butter in omelet pan hot, pour



egg mixture into omelet pan, sprinkle minced parsley and chives over it and cook slowly until bottom is browned; fold as directed and turn on to hot platter. Squeeze juice from lemon over it and serve.

### Chicken Liver Omelet

#### For Filling

1 cup minced cooked liver	1 tablespoon chopped mushrooms
1 teaspoon minced onion	
$\frac{1}{2}$ cup Spanish sauce	$\frac{1}{2}$ teaspoon salt
1 teaspoon vinegar	Few grains cayenne

#### For Omelet

4 eggs	1 tablespoon butter
$\frac{1}{2}$ teaspoon salt	1 tablespoon hot water
Few grains cayenne	

Cook together minced liver and Spanish Sauce or brown gravy, add vinegar, mushrooms and seasonings. Keep warm while preparing omelet. Make omelet, following directions as given for light omelet. Just before folding spread with liver mixture. Serve with Brown Sauce or Tomato Sauce.

### Spanish Omelet

6 eggs	1 small onion	} Chopped fine
$\frac{1}{2}$ teaspoon salt	1 tomato	
$\frac{1}{8}$ teaspoon pepper	5 mushrooms	
4 ozs. bacon		

Cut bacon in thin slices and then into half inch squares. Fry gently until crisp and add chopped vegetables. Cook for fifteen minutes. Rub spoon with clove garlic. Break the eggs into bowl, add seasonings; beat thoroughly and turn into frying pan in which teaspoon butter has been melted. Bake as usual until nearly set, spread bacon and vegetables quickly over, fold, set in oven for one minute, turn it upon hot platter and serve with Tomato Sauce.

### Sweet Omelet

Allow one teaspoon powdered sugar to each egg; omit the pepper and proceed as for light omelet. When ready to fold lay in any kind of jelly, marmalade or fresh fruit, allowing one tablespoon to each egg. Fold and dust with sugar. Juice or pulp of fruit may be used instead of milk or cream. Surface may be thickly covered with sugar and scored with hot poker.

### Salmon Omelet

One large can salmon (pink) drained and chopped fine, four eggs, well beaten, pinch salt and pepper. Mix together, fry in hot lard by tablespoonfuls, and serve on lettuce leaves hot or cold.

### Glazed Eggs

Heat until very hot small individual shirring dishes in glazed enamel ware and spread, or rather line them with mixture of browned bread crumbs and melted butter. Break into each an egg, being careful not to break yolk. Cover each egg with mixture of crumbs and melted butter, seasoning highly with salt and paprika. Cook in very hot oven only until eggs are set and serve immediately, garnishing each with sprig of parsley or water-cress.

### Shredded Eggs

6 eggs	1 tablespoon butter
3 tablespoons cream	Salt and pepper

Butter pie pan or shallow baking sheet. Melt butter, add eggs, one at a time, taking care not to break yolks; pour over this cream, dust with salt and pepper and bake in moderate oven for 10 minutes or until white is set. Muffin rings may be buttered and placed on buttered pan or baking sheet and eggs dropped into rings and baked as directed.

### Stuffed Eggs

6 hard boiled eggs	3 tablespoons minced ham
1 tablespoon melted butter	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ teaspoon mustard
1 tablespoon vinegar	

Cut eggs into halves, crosswise or lengthwise. Rub yolks to paste with minced meat and seasonings; moisten with melted butter and vinegar, form into balls size of the yolk removed, and pack into space from which they were taken. Put over other half and press together; roll each in piece of paper napkin; twist napkin at each end. A tablespoon highly seasoned salad dressing may be substituted for butter.

### Ox-Eyes

6 eggs	6 inch-thick slices bread
6 tablespoons cream	4 tablespoons butter

With three inch cutter, cut bread into rounds. Cut a small ring one and one-half inches in diameter and take out enough crumbs to replace with egg; brush with melted butter and brown in quick oven. Moisten each with one tablespoon of cream; break fresh egg into each, season with salt and pepper and cook in moderate oven until white is set.

### Baked Tomato Eggs

Select three small tomatoes, cut, slice from stem and scoop out part of center and immerse in hot water for five minutes. Lift out carefully into greased timbale molds, drain and sprinkle with salt

and paprika. Add few drops of onion juice and break into each an egg. Sprinkle lightly with salt, dot with bits of butter and bake in moderate oven until eggs are set. Serve in molds or baking dishes.

### Pickled Eggs

6 hard boiled eggs	1 stick cinnamon
6 cups vinegar	$\frac{1}{4}$ bay leaf
1 small cooked beet	$\frac{1}{2}$ teaspoon salt
24 whole cloves	$\frac{1}{2}$ teaspoon pepper
	$\frac{1}{2}$ teaspoon mustard

Stick four cloves into each egg; mix seasoning and moisten with enough cold vinegar to pour; heat rest of the vinegar to boiling point, add spice and slowly mixed seasonings, boil for one minute. Place eggs in glass jar, pour boiling mixture over them, cover closely. They will be ready to use in about two weeks.

### Curried Eggs

6 hard boiled eggs	$\frac{1}{2}$ teaspoon salt
1 cup Curry sauce	$\frac{1}{4}$ teaspoon pepper

Cut eggs in halves, slice enough of white off end of each to make them stand upright. Sprinkle with salt and pepper. Serve on hot platter with sauce poured around them.

### Eggs Beauregard

4 hard boiled eggs	$1\frac{1}{2}$ cup White Sauce No. 2
6 squares buttered toast	$\frac{1}{4}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Separate yolks and whites; chop whites fine. Lay the toast on hot platter, cover with white sauce, sprinkle with chopped whites; lastly, press yolks through ricer, sprinkle lightly over chopped whites. Add seasonings before serving.

### Eggs au Gratin

Arrange poached eggs on shallow buttered dish. Sprinkle with grated Parmesan cheese. Pour over eggs one pint White Sauce. Cover with stale bread crumbs and sprinkle with grated cheese. Brown in oven. Tomato Sauce may be used instead of White Sauce.

### Eggs a la Livingstone

4 eggs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup stewed and strained tomatoes	$\frac{1}{2}$ teaspoon paprika
	2 tablespoons butter

Beat eggs slightly and add tomatoes, salt and paprika. Melt butter in an omelet pan, add seasoned eggs, and cook same as scrambled

eggs. Butter slices toasted bread. Pour over eggs and sprinkle with parsley.

### Eggs a la Suisse

4 eggs	Salt
$\frac{1}{2}$ cup milk or cream	Pepper
1 tablespoon butter	Cayenne
2 tablespoons grated cheese	

Heat small omelet pan, put in butter, and when melted, add milk or cream. Slip in eggs one at a time; sprinkle with salt, pepper and few grains cayenne. When whites are nearly firm sprinkle with cheese. Finish cooking, and serve on buttered toast. Pour sauce from pan over the eggs.

## CHAPTER XIV

### VEGETABLES

**I**N the large city markets it is possible to secure almost any vegetable at each season of the year. However, some of these vegetables are "in season" and some are not. The price and quality should determine for the purchaser which ones are out of season. Supply and demand are important factors in regulating prices. If a food is out of season, it may not be secured in great abundance, the general public does not demand it, hence the price is out of proportion to the worth of the product.

By following the market carefully the housewife soon learns when each kind of vegetable may be bought in best condition at the lowest price. There are sufficient vegetables for each season. At this time the housewife may can and store for the "lean" season.

The wise housewife markets for her own vegetables. She will select a canned product rather than a wilted and inferior vegetable.

To test potatoes, cut one in half and rub the cut surfaces together. If they are juicy enough to stick, the potato is good.

A heavy head of cabbage is better than a large light one. It should be very much heavier than it looks to be really good and should be bought by weight. Even new cabbage, if it is good, is heavy for its size.

In selecting beets, choose those that have fresh green leaves and the dirt sticking to the roots. The clean beets have often been washed and soaked in water to freshen the leaves. If bought wilted, they should be purchased at a reduced price.

Onions should be firm and hard and should not be sprouting. When large quantities are bought, they should be sorted frequently to weed out those that are sprouting or getting soft.

Summer squash should be light yellow and the skin should be tender enough to break with the finger nail. The white variety should be clear white with a delicate green tinge.

Winter squash is better small; it should have no soft spots. The very large squash is very seedy.

Cauliflower should be clean, white, with no yellow or black spots, and the leaves should be crisp and green.



Celery must be crisp and white. The leaves should be pale yellow and should be used to season gravies and soups.

Summer carrots should be a clear reddish yellow and the greens should be very green and crisp. When buying winter carrots, buy the small ones. They have a better flavor and cook more quickly than the larger ones.

String beans should be brittle and should string easily. The pod should be tender and the beans inside small.

The pods of lima beans should be juicy and the beans small; the best beans are the short vine variety. The large beans are apt to be tough and to have lost much of their flavor.

Corn is ripe when the silk is a dark brown. Tear open the husk, and see that the corn is well developed. Try a kernel with the finger and see that it is juicy.

The pods of peas should be brittle, and the peas inside juicy and well developed.

Spinach should be fresh and crisp. Sandy spinach is more trouble to clean, but if the sandy spinach is crisp you are sure that it is not wilted spinach revived in cold water.

Choose only firm smooth tomatoes without soft or dark spots. The housekeeper can only be sure of all these things if she selects the greens herself. The merchant must sell everything and may give her the bad along with the good if the selection is left to him.

### Artichokes

Cut the stalks close, clip the sharp points from the leaves; wash and lay, head down, in cold, salted water for one-half hour. Cook in boiling salted water for about forty minutes or until tender enough to draw out the leaves easily. Turn them upside down to drain. Serve hot with Bechamel or Hollandaise Sauce, or cold with French dressing.

### Artichoke à la Provençal

6 artichokes	1 tablespoon butter
4 ozs. fat pork	$\frac{1}{2}$ cup Spanish sauce
4 cups chopped mushrooms	$\frac{1}{2}$ teaspoon salt
2 tablespoons chopped shallots	Few grains cayenne
1 teaspoon minced parsley	Few gratings nutmeg
1 tablespoon flour	1 cup broth
1 glass white vinegar	

Prepare the artichokes as directed above, boil them thirty minutes and drain. Mince the pork and fry with shallots, add the mushrooms and parsley and simmer ten minutes. Blend with it the flour, mixed with the butter, add the Spanish Sauce and seasonings. Stuff the artichokes and tie each with a string; brown the outside in a little olive

oil, add the broth and vinegar; cover and cook forty minutes in a moderate oven. When ready to serve remove the strings and arrange on a hot platter and pour the sauce over and around them. Garnish with a whole mushroom on top of each.

### Jerusalem Artichokes

Wash and boil with skins on, in salted water for thirty minutes or until tender; drain, peel and serve with White Sauce No. 1. Let them lie in sauce for fifteen minutes to season before serving.

### Scalloped Jerusalem Artichokes

1 lb. Jerusalem artichokes	$\frac{1}{4}$ lb. grated cheese
$\frac{1}{2}$ teaspoon salt	1 tablespoon melted butter
$\frac{1}{8}$ teaspoon pepper	4 tablespoons bread crumbs

Wash artichokes and boil them until they are tender. After they have cooled, pare them. Press all water from them. Rub them through sieve. Add seasoning. Put artichoke mixture in greased baking dish. Spread grated cheese evenly over mixture. Spread bread crumbs, mixed with melted fat, over cheese. Brown in quick oven.

### Asparagus

Wash carefully two bunches of green asparagus; cut the ends until the tender part is reached. Arrange in one large bundle and fasten with a broad band of coarse muslin, pinned at each side. Boil gently in salted water until done, twenty to thirty minutes. Use only enough water to just cover. Let the water cook down toward the last of the cooking. Serve on slices of buttered toast with Hollandaise Sauce.

### Creamed Asparagus

2 bunches asparagus	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup cream	Few grains cayenne

Cut the tender parts in bits as long as the stems are thick, and cook in a little water until tender. Toward the last of the cooking let the asparagus cook nearly dry, add the cream and let simmer until reduced to a thick sauce. Add seasonings and serve on toast or in side dishes.

### Baked Lima Beans

1 cup dried lima beans	1 small onion
1 pimiento	$\frac{1}{2}$ teaspoon salt
3 tablespoons olive oil or bacon fat	1 teaspoon paprika

Soak the lima beans in one quart of cold water for several hours or over night. Drain off the water. Put the beans in an earthenware dish or covered casserole. Fry the thinly sliced onion and the pimiento, cut in small pieces, in the oil or fat for five minutes. Add them to the

beans. Add the salt, the paprika and enough boiling water to cover the beans. Bake the mixture slowly until the beans are soft—about two hours. Add more water as it is needed. If the beans are cooked in boiling water, after soaking in the cold water, they may be baked in one hour.

### Home Baked Beans

1 quart navy beans	1 tablespoon salt
$\frac{1}{2}$ lb. salt pork	$\frac{1}{2}$ teaspoon mustard
2 tablespoons molasses	

Wash and pick the beans over and soak over night. In the morning drain, cover with cold water; bring slowly to boiling point and parboil for one-half hour. To test, take up spoonful and blow on them, if skin curls back they are done. Drain in colander; place in two quart earthen bean pot, layer of beans, then add salt pork, which has been previously washed and gashed across top; fill pot up with beans. Dissolve seasonings and molasses in cup of hot water, pour over beans, then fill pot with hot water, cover and bake from six to eight hours, renewing water as it cooks away until nearly done, then let water cook away.

### Lima Beans and Mushrooms

2 cups cooked lima beans	1 tablespoon butter
2 cups fresh mushrooms	$\frac{1}{2}$ cup cream
$\frac{1}{4}$ teaspoon salt	

Use beans that have been cooked and seasoned with salt, pepper and butter. Put butter in sauce-pan, add beans and mushrooms and cream; let simmer for about ten minutes and serve hot. Dried lima beans should be soaked over night before using, drained and cooked in boiling water until soft. Season with cream and butter.

### Lima Beans and Pimiento Head Cheese

1 can small lima beans	Bacon fat
3 canned pimientos	$\frac{1}{4}$ lb. American cheese
Salt	Onion juice

Grated bread crumbs

Heat lima beans with a little bacon fat. Put through the meat grinder with pimientos and cheese. Season to taste with salt and a few drops of onion juice, and add enough grated bread crumbs so that the mixture can be moulded. Place in a greased bread pan, and bake in a moderate oven, basting occasionally with little bacon drippings, mixed with hot water.

### String Beans German Fashion

1 quart beans	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter	$\frac{1}{8}$ teaspoon pepper
1 teaspoon sugar	$\frac{1}{4}$ cup stock

$\frac{1}{2}$  teaspoon lemon juice

Wash, remove strings from beans, then cut each pod through twice lengthwise; then cut into two inch lengths. Parboil the beans for thirty minutes, saute in a stew pan with the butter and seasonings, cook until butter is absorbed, then add stock and lemon juice and simmer until perfectly tender.

### Beets

Be sure the beets are young and fresh. Old beets will never cook tender. The time for cooking beets depends on age and freshness. Cut off the tops to within an inch of the tuber; scrub with a vegetable brush, never cut. Cook in boiling water until tender, from one to four hours. When done plunge in cold water to remove the skins. Serve whole or sliced. Season with butter, salt and pepper.

### Pickled Beets

4 beets	$\frac{3}{4}$ cup vinegar
3 cloves	2 tablespoons sugar

Wash beets and cook whole in boiling water until tender, the time varying from one to four hours. Drain, put into cold water and remove skins. Slice, heat vinegar, sugar and cloves and pour over sliced beets. Allow to stand until cold, and for several hours, if possible.

### Stuffed Cabbage

1 cabbage	1 teaspoon salt
2 ozs. fat salt pork, chopped fine	1 teaspoon parsley
2 ozs. tender beef, chopped fine	1 teaspoon minced onion
2 tablespoons butter	Few grains cayenne
2 egg yolks	1 French roll

Parboil cabbage until thoroughly wilted, drain and cool; unfold leaf by leaf until the heart is reached. Chop the tender leaves. Soak the roll in milk and press dry. Beat the egg and bread together, add the cream and butter, and work in the meat, cabbage and seasoning. Form into a ball and place in the cabbage head. Refold the leaves and bake three to four hours, basting with butter and water. Serve on a round hot platter with the gravy from the pan.

### Cauliflower

Trim off outside leaves and lay blossoms in cold salted water. Slugs and other insects will drop out, especially if gently shaken in the water. Tie in a piece of mosquito netting and lay, head up, in boiling salted water and cook gently from twenty to thirty minutes or until very tender. Drain and serve with Hollandaise Sauce or Cream Sauce No. 1. This makes a delicious garnish for fried spring chicken or fried sweet breads. Cauliflower with Parmesan cheese is made as

above, adding a teaspoon of Parmesan cheese to the sauce before it is poured over the cauliflower. Sprinkle melted butter over it and bake a few minutes in a hot oven.

### Fried Cauliflower

Cut into slices, cold cooked cauliflower, dip in egg and bread crumbs and fry in hot fat in a shallow pan until brown on both sides. Place in a baking dish, cover with tomato sauce, sprinkle with bread crumbs and bake about fifteen minutes in a hot oven. The fried vegetables may be served with brown gravy and not baked.

### Creamed Celery, Almonds

2 cups celery	$\frac{1}{2}$ cup butter
$\frac{1}{4}$ cup flour	2 cups milk or celery stock
$\frac{1}{2}$ cup blanched almonds	Salt and pepper

Cook celery, cut in one inch pieces, in boiling water until tender; drain and add cream sauce made of the butter, flour and milk. Stir into it almonds, and season with salt and pepper. The sauce may be made with half milk and half celery stock.

### Fried Celery

2 cups flour	Celery
$1\frac{1}{2}$ cups milk	2 teaspoons baking powder
$\frac{1}{2}$ cup melted butter	2 eggs
	Salt

Make a batter of flour and baking powder well sifted together, milk, well beaten eggs, butter and speck of salt. Cut as many stalks of celery as desired in three or four inch pieces, and cook in boiling salted water until tender. Drain and let dry on a platter; dip them into the batter until well coated and fry in hot fat until brown, serve on a flat dish with a border of celery leaves.

### Stewed Celery

Cut coarse pieces of celery and ends of stalks, using fine leaves also, into inch (or less) pieces. Pour over boiling water to nearly cover. Boil until tender, from twenty to thirty minutes. Season to taste with salt and pepper and serve with White Sauce No. 1.

### Corn Pudding

1 dozen ears corn	1 teaspoon sugar
2 cups scalded milk	2 tablespoons butter
$\frac{1}{2}$ teaspoon salt	2 tablespoons flour
	2 eggs

Remove the husks from the corn, pick out all the silk; cut a thin slice from the kernels; with a dull knife, scrape down the ears. Melt



the butter, add the flour and seasonings, combine with milk and corn. Add the beaten eggs last. Pour in a buttered baking dish, and bake in a moderate oven for thirty minutes.

### Corn a la Southern

1 can corn	$\frac{1}{2}$ teaspoon pepper
2 eggs	$1\frac{1}{2}$ tablespoon melted butter
1 teaspoon salt	1 pint scalded milk

Add the eggs, slightly beaten, to the corn. Add salt, pepper, butter, sugar and scalded milk. Turn into a buttered dish and bake in a slow oven until firm.

### Succotash

10 ears corn	1 teaspoon salt
1 quart lima beans	$\frac{1}{2}$ teaspoon pepper
2 tablespoons butter	1 cup sweet cream

With a sharp knife, cut corn from cobs, and add to lima beans the last fifteen minutes of cooking. The mixture should be cooked nearly dry. Add butter, seasonings and cream, and simmer for ten minutes.

### Mock Crab

4 tablespoons butter	1 can corn
$\frac{1}{2}$ cup flour	1 egg
$1\frac{1}{2}$ teaspoons salt	3 teaspoons Worcestershire
$\frac{3}{4}$ teaspoon mustard	sauce
$1\frac{1}{2}$ cups milk	1 cup cracker crumbs

Melt butter, add flour mixed with dry seasonings and pour on gradually the milk. Add corn, eggs slightly beaten, and Worcestershire sauce. Pour into a buttered baking dish, cover with crumbs, and bake until top is brown.

### Fried Cucumbers

Slice, sprinkle with salt and pepper, dip in egg, then in cracker dust; fry brown.

### Egg Plant Fried

Peel and cut them in half inch slices, sprinkle with salt and pepper, pile them and place a weight over for an hour or more, tipping the plate slightly that the juice may drain away. Dry each slice by rolling in seasoned flour, and fry crisp in plenty of sweet dripping, or dip in Fritter Batter No. 1 before frying.

### Egg Plant Baked in Shell

4 egg plants	$\frac{1}{2}$ cup bread crumbs
$\frac{1}{4}$ cup minced chicken	$\frac{1}{4}$ cup egg plant
2 tablespoons butter	1 egg
Salt	Paprika and cayenne

Boil egg plants twenty minutes. Cut in halves lengthwise. Scoop out center. Drain in cheese cloth. Mix the bread crumbs, chicken, butter, salt, paprika, cayenne and egg. Fill egg plant shells with this mixture, cover with buttered and seasoned crumbs, and bake in a slow oven about one hour. Left over meat or vegetable may be used in place of chicken.

### Hominy

1 cup hominy

3 cups boiling water

1 teaspoon salt

Wash hominy well, soak over night in one quart cold water; in morning drain and cook in boiling salted water for about three hours. Fine hominy can be cooked in one hour, if soaked in warm water, changing it once or twice for warmer. Boil in last water.

### Baked Lentils

1 quart lentils

6 ozs. mixed salt pork

1 quart of water

1 clove garlic, or

$\frac{1}{2}$  teaspoon pepper

1 small onion

1 teaspoon salt

Pick over and wash lentils. Soak in water over night. In morning, pour water off. Put lentils in stewpan with two quarts cold water and heat slowly. As water boils, the lentils will rise to the top. Remove them with a skimmer and place in a deep earthen dish with pork and onion in the center. Mix salt and pepper with one quart boiling water and add to lentils. Cook slowly in moderate oven four to five hours, adding a little water from time to time. If pork is not very salty, more salt should be added.

### Lentil Cakes

1 cup lentils

$\frac{1}{2}$  teaspoon salt

2 tablespoons melted butter

2 egg yolks

1 tablespoon sugar

$\frac{1}{2}$  cup chopped nuts

Wash lentils in several waters and soak over night. Boil until soft, but not broken. Drain and add melted butter, sugar, salt, egg yolks and nuts. Shape in round cakes, lay on greased tins, and bake in hot oven fifteen minutes. Sprinkle nuts on top.

### Curried Lentils

1 cup lentils

3 tablespoons butter

1 pint vegetable stock or water

3 onions

1 teaspoon salt

1 tablespoon curry powder

Wash the lentils and soak them. Drain and cook in the stock or water one hour. When done they should be a dry mass. Melt the

butter, add sliced onions and curry powder. Fry until the onions are brown. Add lentils. Season and heat. Serve with boiled rice.

### Lentils Bourgeoise

One of the simplest ways of preparing lentils is to cook them in boiling salted water until tender. They should be cooked gently for a long time and served hot with melted butter and grated cheese. For those who like fried onion, the onion may either be substituted for the cheese or added to it.

### Lentils la Riso

1 cup lentils  
Cooked rice

Butter  
Onion

Soak lentils in cold water for twelve hours; cook in boiling salted water until tender, drain, mix with an equal amount of hot cooked rice and serve with slices of onion, fried in butter. The lentils and rice should be seasoned separately and then mixed. When mixing toss with a fork, to keep the lentils whole.

### Okra

Cut stems to the tender part of the pod, cook whole in boiling salted water (if cooked in iron, they will blacken), until tender, drain, and return to the sauce pan with plenty of butter, a taste of vinegar, salt and pepper; simmer slowly until they are thoroughly seasoned. They are delicious sliced and stewed with an equal bulk of tomato. Season with one sweet pepper, one teaspoon salt, and one ounce of butter to each pint. Sometimes one-fourth cup of rice, and one-fourth pound diced ham are added to a quart of the above stew.

### Okra and Corn

1 pint tender okra, sliced thin  
1 pint fresh corn  
Salt

Flour  
1 cup fat  
1 cup milk

Pepper

Fry okra in fat until half done, add corn and cook until the corn is tender. Drain off as much fat as possible, dust the whole with flour, and add the milk. Cook about five minutes, season with salt and pepper, and serve at once. This dish cannot be reheated, as the milk will curdle. Tomato sauce may be used instead of milk, if desired.

### Fried Okra

Slice two onions, and fry with bits of fat bacon. Cut a quart of okra and stir in; fry brown. Sprinkle with salt and cayenne pepper.

**Baked Okra**

Wash and cut off the ends. Cook in salted water until the okra is tender. Strain, put into a dish with a cheese sauce, sprinkle the top with bread crumbs and bake in a hot oven about twenty minutes.

**Okra Creole**

1 quart okra	3 large tomatoes
1 large onion	2 tablespoons butter
1 large green pepper	1 clove garlic
1 sprig parsley	

Put into a sauce pan the butter, onion sliced fine, chopped garlic, shredded green pepper and tomatoes sliced thin. Cook all together about five minutes and add okra which has been washed and sliced. Cook in covered dish until okra and pepper are tender. Season with salt and pepper and a dash of cayenne, and cook another ten minutes. Serve hot.

**Stuffed Spanish Onions**

6 onions	Bread crumbs
Cooked chicken	Salt
2 tablespoons melted butter	Pepper

Peel onions, scoop out from top a portion of the center. Parboil for five minutes and turn upside down to drain. Fill them with stuffing made of equal parts of minced chicken or any left over meat, and soft bread crumbs. Chop fine the onion taken from the center, and add to the mixture, season with salt, and pepper, and moisten it with melted butter. Fill onions heaping full and sprinkle tops with crumbs. Place them in a pan with one inch of water; cover and let cook in oven for an hour or until tender, but not so long as to lose shape. Take off cover the last five minutes, so they will brown very slightly.

**Salsify or Oyster Plant**

Wash, scrape and throw into cold water. Cut into inch pieces and boil rapidly uncovered, in granite stew pan, for thirty minutes or until tender. A little vinegar will help to keep it white. Drain them well. Use plenty of butter and lemon juice, salt and pepper to taste; or dress with White Sauce No. 1 or Bechamel Sauce.

**Parsnips**

Brush clean and lay in cold water to become crisp. Cook in boiling salted water until tender. Throw into cold water to slip the skins, and serve either plain or mashed. Season with butter, salt and pepper, or with a thin cream sauce. They are more savory if they can be cut in round slices, sprinkled with salt, pepper and sugar,

and browned in a little ham or bacon fat, or dipped in Fritter Batter No. 2 before frying.

### Parsley Cubes

4 eggs	$\frac{1}{2}$ teaspoon salt
4 tablespoons milk	4 teaspoons parsley

Beat eggs until thick and smooth, add the salt, milk and finely chopped parsley. Butter a small square dish, pour in the mixture, and bake in a pan of boiling water in a moderate oven until firm. Cut into small cubes, and drop several into each soup plate.

### Peas

Peas should be cooked as soon after picking as possible. If the peas are gritty, wash before shelling. Place in boiling water enough to half cover; cook in an uncovered dish for twenty minutes or until tender. Add salt the last 10 minutes of cooking. Let the water reduce until there is just enough to moisten the peas; add the butter and serve hot. To one quart of cooked peas, use one-half teaspoon salt, one-sixteenth teaspoon pepper, and two tablespoons butter. Two or three tablespoons of cream may be substituted for butter.

### Stuffed Green Peppers

6 green peppers	1 cup chicken forcemeat
1 cup stock or cold gravy	

Wash peppers and scald in boiling water for five minutes; rub off the skin with a wet cloth. Cut a slice from the stem for a cover, remove seeds and stuff peppers with the forcemeat. Replace the cap, place peppers in a small deep dish, pour in the broth and bake in a moderate oven for one-half hour. Sausage meat or cold meat with equal measure of bread may be substituted for chicken forcemeat. Serve in dish in which they were baked.

### Peppers a la Creole

3 large green peppers	1 cup cooked rice
3 medium size tomatoes	1 teaspoon salt
6 small slices bacon	$\frac{1}{2}$ teaspoon pepper
1 teaspoon chopped onion	$\frac{1}{4}$ cup hot water

Cut peppers in halves and remove seeds. Remove skins and cores of tomatoes and cut into fine pieces. Try out the bacon which has been cut in fine pieces, and brown onions in drippings. Mix tomatoes, bacon, onion, rice, and seasonings and fill cavities of peppers with this mixture. Surround peppers with hot water and two tablespoons bacon drippings, cover, and bake in a moderate oven until tender.



Remove the cover during the last fifteen minutes. Baste occasionally while baking. Serve hot.

### Mashed Potatoes

6 medium size potatoes	$\frac{1}{2}$ cup hot milk
3 tablespoons butter	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Boil the potatoes, drain, dry a few minutes, mash until smooth, add butter, seasonings and milk. Beat until very light. Serve in hot dish. The potatoes may be passed through a sieve instead of mashing, and then beaten light with seasonings and hot milk.

### Stuffed Potatoes

6 medium sized potatoes	$\frac{1}{2}$ teaspoon salt
3 tablespoons butter	$\frac{1}{8}$ teaspoon pepper
	$\frac{1}{2}$ cup hot milk

Wash potatoes but do not cut. Bake from 40 to 45 minutes. When done lay potatoes on sides, with sharp knife cut thin slice from each, scrape out potato, pass through ricer or mash, mix with seasonings and beat until very light. Pack lightly into potato shells, brush with little white of egg and brown in quick oven. Serve each with tiny sprig of parsley, and a dash of red pepper on top.

### French Fried Potatoes

Pare the potatoes and throw into cold water for at least an hour. Cut in slices, blocks, strips, balls or any fancy shape, and dry them on a towel. Drop quickly into fat hot enough to brown them by the time they come to the surface. They are done when they float. Drain on soft paper, sprinkle with salt and serve hot.

### Hashed Brown Potatoes

1 quart chopped cooked potatoes	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{2}$ cup cream	1 teaspoon chopped parsley
1 teaspoon salt	3 tablespoons butter

Mix first five ingredients; melt butter in an omelet pan, and when hot add potatoes. Pack lightly into layer of uniform thickness and cook slowly from twenty to thirty minutes. Fold and serve like an omelet.

### Lyonnais Potatoes

6 boiled potatoes	1 teaspoon salt
2 tablespoons butter	$\frac{1}{2}$ teaspoon pepper
1 onion, chopped fine	1 teaspoon minced parsley

Cook butter and onions in an omelet pan, add the potatoes and seasoning, mix well and saute a nice brown. Just before serving add parsley.

**Potato Dumpling**

1½ cups mashed potato	1 teaspoon baking powder
1½ cups flour	1 teaspoon salt
2 eggs	

Mix and sift flour with salt and baking powder. Add to mashed potato, and when well blended, add beaten eggs. Make a soft dough, and roll into one long roll. Cut into inch slices, and make each slice into a small roll about size of middle finger. Cook in boiling salted water about twenty-five minutes and serve hot with melted butter and bread crumbs or fried onions.

**Potato Sausages**

1 cup mashed potatoes	1½ teaspoons salt
1 cup ground nuts, fish or meat	½ teaspoon pepper
1 egg, well beaten	Salt pork, bacon or other fat

Mix the mashed potatoes and seasonings with the ground nuts, fish or meat. Add beaten egg. Form into little cakes or sausages, roll in flour and place in greased pan with a small piece of fat or salt pork on each sausage. Bake in a fairly hot oven until brown.

**Potatoes au Gratin**

6 cold boiled potatoes	2 tablespoons butter
2 cups milk	4 heaping tablespoons grated cheese
3 tablespoons flour	

Salt and cayenne to taste

Put the butter in a frying pan to melt; when melted, add the flour, mix until smooth, then add the milk, and stir *continually* until it boils. Take from fire, add cheese, salt and cayenne. Put a layer of this sauce in the bottom of a baking dish, then a layer of the cold potatoes, sliced, and so on, having the last layer sauce. Sprinkle bread crumbs over the top, and put it in a quick oven ten minutes to brown. Serve in the dish in which it was baked.

**New Potato Croquettes**

6 medium size potatoes	Salt to taste
¾ cup hot milk or cream	1 tablespoon butter
2 egg whites beaten	

**Filling**

1 cup milk or chicken stock	2 eggs
1 tablespoon flour	1 tablespoon butter
1 teaspoon salt	2 cups finely chopped chicken
1 teaspoon onion juice	½ teaspoon pepper
1 tablespoon lemon juice	

Pare, boil and mash potatoes, add butter, milk, egg whites and salt, cool slightly, and shape in form of egg. Scald chicken stock,

and stir into it butter and flour. Cook and add the chicken, salt, pepper, onion juice, lemon juice and eggs, well beaten. Cool. Cut potato eggs in halves, crosswise, remove a portion from the center of each half, and fill with the chicken mixture. Press together, egg and crumb them, and fry in deep fat. When serving, place upright on a dish and garnish with parsley.

### Scalloped Potatoes

1 quart sliced raw potatoes	2 tablespoons flour
2 cups scalded milk	1 teaspoon salt
4 tablespoons butter	$\frac{1}{4}$ teaspoon pepper

Cover bottom of buttered baking dish with layer sliced potatoes. Sprinkle with salt and pepper, dot with pieces of butter and dredge with flour. Repeat until materials are used. Pour over all scalded milk and bake in moderate oven from 45 to 50 minutes.

### Potato Croquettes

Mashed potatoes	1 egg
$\frac{1}{4}$ teaspoon onion juice	

Beat the mashed potato until very light, add the beaten egg and onion juice, form while hot into rolls; crumb, egg, and crumb again, and fry in deep fat until a golden brown. Serve on folded napkin and garnish with parsley, or serve with White Sauce No. 1.

### Sugar Potatoes or Candied Yams

6 sweet potatoes	$\frac{1}{2}$ cup water
1 cup white sugar	1 teaspoon butter

Parboil, peel and cut potatoes in quarter inch slices. Cook other ingredients to form syrup. Place slices of potato in syrup and simmer gently for an hour, then let syrup boil away until it is almost dry. Serve with meats.

### Fried Pumpkin

1 cup pumpkin	$\frac{1}{8}$ teaspoon pepper
1 tablespoon molasses	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon salt	2 eggs

Mix pumpkin, milk, molasses and seasonings with eggs, which have been well beaten. Melt two tablespoons of fat in a hot frying pan. Spread the mixture evenly in the pan, and fry over a low fire until a brown crust has formed on the bottom. Fold like an omelet just before serving.

### Scalloped Pumpkin

1 cup pumpkin	$\frac{1}{8}$ teaspoon ginger
$\frac{1}{4}$ teaspoon salt	2 tablespoons melted butter
$\frac{1}{8}$ teaspoon pepper	1 cup fine crumbs
$\frac{1}{8}$ teaspoon nutmeg	2 eggs

Mix pumpkin, seasonings, butter and one-half crumbs; add eggs, well beaten, and spread in shallow greased baking dish. Sprinkle remainder of crumbs over top. Bake for forty minutes in moderate oven.

### Boiled Rice

1 cup rice	2 quarts boiling water
1 tablespoon salt	

Wash the rice thoroughly in several changes of water; cook in rapidly boiling water for thirty minutes or until soft, which is determined by tasting the kernels. Drain in a strainer and pour boiling water over it. Shake slightly and let it stand in a warm place until ready to serve.

### Steamed Rice

1 cup rice	2 cups boiling water
1 teaspoon salt	

Pick rice over and wash it well. Cook in a double boiler for thirty minutes, or until soft, adding more boiling water, if it gets too dry.

### Spanish Rice

1 cup rice	1 teaspoon paprika
5 tablespoons fat	1 cup canned tomatoes
3 large onions	1 teaspoon salt
1 cup hot water	

Put washed rice in a pan or pudding dish with five tablespoons fat. Add three onions chopped. Fry ten minutes; add seasoning and tomatoes. Cook few minutes stirring constantly, add hot water, and cover tightly and cook until rice is tender. Add hot water as needed if juices evaporate.

### Creole Rice

1 cup rice	1 tablespoon finely chopped
2 quarts boiling water	onion
2 sweet peppers	1 tablespoon fat
1 cup canned tomatoes, or	1 teaspoon salt
3 fresh tomatoes	$\frac{1}{2}$ teaspoon pepper

Cook the rice in the boiling water until it is soft. Pour the rice into a colander and let it drain. Seed and scald two sweet peppers. Stew the tomatoes. Add the peppers finely chopped to the tomatoes. Cook the onion in the fat and add it. Add the salt and pepper. Cook the mixture for fifteen minutes. Add the rice. Bring the mixture to the boiling point.

### Curried Vegetables with Rice

1 can vegetable soup	1 slice of salt pork
2 slices onion, chopped	$\frac{1}{2}$ cup water
1 teaspoon curry powder	$\frac{1}{2}$ teaspoon Japanese soy

Dice the salt pork and try out in a frying pan. Remove the pork, and in the fat brown lightly the chopped onion. Then add the contents of a can of soup adding water to make a thick puree. Bring to the boiling point, add the curry powder and Japanese soy. Pour into a well of hot, seasoned rice, and serve immediately. This is a very good meat substitute.

### Plain Swiss Chard

This is the ordinary method of preparing it, but there are a few points to be observed. Cook the entire stalks, including the leaf, in very little water until tender; remove, drain and chop very fine. Return to kettle, season with salt, a little pepper, a saltspoon sugar and piece of butter; let it get very hot, place in hot dish and garnish with small toast points. Serve French dressing or vinegar with it.

### Concordia Swiss Chard

Prepare white stalks exactly as above, combine with highly seasoned white sauce, and pour on toast in middle of rather deep platter or chop dish. Meantime cook green leaves like spinach, chop very fine, season highly, adding butter liberally, and arrange in egg sized balls around edge of dish. Serve very hot. Or press cooked and seasoned leaves into ring mould, tip onto a round chop plate, and fill center with creamed white stalks.

### Harlequin Swiss Chard

Trim ends of entire stalks of chard neatly and cut stalks in uniform lengths. Arrange in bunch, alternating green and white ends so that half go each way. Trim off each end to make them square. After a bunch large enough for family requirements has been made, tie and cook in large kettle with just enough water to cover, salting last part of the time. Arrange hot buttered toast on a platter, and on it lay the chard, removing strings; pour cup or more of hot, highly seasoned cream or mock Hollandaise sauce around it. When serving use sharp knife and slice off a section of the alternating white and green, carefully putting it on a square of toast. This is very pretty as well as delicious.

### Spinach

$\frac{1}{2}$  peck spinach

$\frac{1}{2}$  teaspoon salt

2 tablespoons butter

Pick spinach over carefully while dry, throwing a few plants at a time into a large pan of cold water. Wash well to dislodge insects, and pass to another pan. They should have at least three separate waters. Put spinach into a large kettle without water, set it on the



stove where it will cook slowly until the juice is drawn, then cook for thirty minutes, or until tender. Drain and chop fine. Season with butter and salt.

### Sauted Squash

For those who like crisp fried taste, green squash can be sliced in rings, dipped in beaten egg and fine white bread crumbs, and fried in deep fat or sauted in shallow fry pan. Sprinkle with chopped parsley and serve with lemon. To make more substantial dish of fried squash put layers in casserole, sprinkle with grated cheese and chopped hard-cooked egg and cover with tomato sauce. Fill casserole with layers of squash, cheese, eggs and tomato and bake in moderate oven for about twenty minutes. Let brown on top and serve as main dish for luncheon. With bread and butter and crisp green salad, and either coffee or tea the luncheon is complete.

### Summer Squash

Wash and pare squash and cut in thick slices, and boil or steam until tender. *Mashed:* Place cheesecloth over colander. Pour boiled squash into it and press out all water. Remove to stew-pan, stir and beat, seasoning with butter, salt and pepper. *Fried:* Wash and pare squash; slice about one-half inch thick, sprinkle with salt and pepper and dredge with flour, and fry until nice brown, in half butter and half lard. Cook slowly, with cover over frying pan.

### Stuffed Squash

To stuff green squash wash and cut them in half, scoop out seed pods and fill cavity with your own favorite stuffing. Most ice boxes yield enough left over bits of meat to give flavor to a bread stuffing. A few mushrooms sauted in butter and chopped up in stuffing gives delicious flavor. Dried mushrooms are especially good for this purpose. Whatever stuffing is made of, it should be well mixed and highly flavored; use any left over gravy from pot roast or other meats to moisten bread crumbs. Give as much meat flavor as possible without stuffing squash with meat, unless you especially want meat-filled vegetables. In that case use round steak chopped and saute slightly before stuffing squash. Put stuffed vegetable in baking dish and add enough hot water to start dish steaming, cover and let bake in hot oven for about twenty-five minutes; remove cover, dot over with bits of butter or bacon and finish baking and browning. Serve in dish in which it is baked if possible.

### Squash Fried in Butter

Fried white squash is another delicious dish. Small squashes should be used for frying. Wash squash, cut in quarters and remove seed

Pods. Cut in small cubes; heat few tablespoons butter in fry pan and saute squash cubes until tender and brown; season with salt and black pepper just before serving. For those who like fried onion flavor this dish is improved by adding few slices onion with squash. If squash is small and tender it need not be peeled; crisp peel adds flavor, and leaving it on saves work.

### Squash Baked in Tomato

Another delicious dish is made by baking stuffed squash in tomato. Put squash in baking dish and cover with canned or sliced fresh tomato; season with salt, pepper and butter, a bit of chopped parsley and few slices onion. Bake with cover on until squash is tender, and tomato well cooked through.

### Stuffed Tomatoes

1 cup dry bread crumbs	1 teaspoon juice of onion
$\frac{1}{2}$ teaspoon salt	1 tablespoon chopped parsley
A little pepper	2 tablespoons melted butter

Remove inside of tomato; fill with dressing, and brown in oven. Hominy, rice or other cooked cereals can be used instead of bread crumbs.

### Tomato Croquettes

2 cups canned tomatoes	1 egg
4 whole cloves	$\frac{1}{2}$ teaspoon salt
2 peppercorns	$\frac{1}{4}$ teaspoon paprika
1 teaspoon sugar	2 slices onion
$\frac{1}{2}$ cup flour	1 stalk celery, chopped
3 tablespoons butter	

Put tomatoes, cloves, onion, peppercorns, sugar, celery, salt and paprika into a saucepan, cook for ten minutes, and press through sieve. Melt butter, add flour, and very gradually the tomatoes. Stir constantly until mixture boils and is very smooth, cool slightly, add beaten egg; pour into buttered pan and chill. Cut in squares. Dip in beaten eggs and crumbs and fry in deep hot fat. Drain on brown paper before serving.

### Sauted Green Tomatoes

6 tablespoons fat	1 teaspoon salt
6 tablespoons flour	1 teaspoon pepper
6 teaspoons brown sugar	6 green tomatoes

Melt one tablespoon lard in frying pan on back of range. Mix flour, salt and pepper. Slice tomatoes, dip in flour mixture and saute in lard first on one side and then on other; add more lard as needed. Delicious with steak.

### Curried Tomatoes

1 quart stewed tomatoes or	1 cup boiled rice
1 quart can of tomatoes	1 teaspoon curry powder
Salt to taste	

Wash the rice through several cold waters. Add the curry powder and salt to the tomatoes; mix well. Put a layer of the tomatoes in the bottom of a baking dish, then a layer of the rice, then a layer of tomatoes, and so on until all is used, having the last layer of tomatoes. Sprinkle the top over with bread crumbs, place a few bits of butter here and there over the crumbs, and bake in a moderate oven for a half hour. Serve in the dish in which it was baked.

### Tomatoes with Green Peppers and Cheese

Use a small can of tomatoes, chop the solid portions and mix with juice. Season tomato with salt, paprika and sugar to taste and place layer in bottom of greased baking dish. Dot with bits of butter and sprinkle lightly with minced green pepper, grated bread crumbs and grated cheese. Continue with alternate layers of ingredients until all are used and have cheese and crumbs on top. Bake in moderate oven for one-half hour. A bit of grated onion may be added to tomatoes if flavor is liked.

### Turnips

Serve turnips plain boiled or mashed and season only with salt and pepper. Serve with boiled bacon, roast pork and mutton. Wash and pare turnips, cut in slices and cook in boiling salted water for forty-five minutes. When done, drain from water. Season with salt, pepper and butter, serve hot; or mash, and to two cups vegetable use one-half teaspoon salt, one-sixteenth teaspoon pepper, two tablespoons butter. Turnips may be cut in one-half inch cubes, boiled and served in White Sauce No. 1.

## CHAPTER XV

### SALADS AND SALAD DRESSINGS

**T**HE Salad Dressing to be used depends upon the ingredients of the salad and upon the occasion—always the heavier dressing when the salad plays a more important part in the meal. Some cooks use the boiled dressing with fruit salads, mayonnaise with meat, fish and egg salads, and French dressing with vegetable salads. There is no hard and fast rule to be followed.

At one time we looked upon salads as a luxury in the meal. Now it is a necessity in the dinner and is usually served at the luncheon, elaborate afternoon tea and the late evening supper. Practically every food which we have lends itself to the salad. Almost our only concern is the occasion upon which the various salads are to be served. A heavy meat or fish salad with mayonnaise dressing is too heavy for a dinner salad, but as a main dish for luncheon it is quite in place.

The ingredients of the salad must always be carefully prepared. The greens must be clean, crisp and cold. The meat, fruit or vegetables must be cut carefully and also kept cool. Vegetables and meat must be marinated to make them tasty and juicy before combining in the salad.

Salads are often dressed at table and when this is done, the salad bowl should be large enough so the greens can be tossed without any trouble. When lettuce is dressed at table, sprinkle with the salt and pepper and then add the oil. Add the vinegar last. If the vinegar is added first, the oil will slide off the leaves and settle at the bottom of the bowl and the leaves will have to be tossed too much before the dressing is mixed.

Any number of additions can be made to the salad dressings to give variety, but all the materials if minced should be finely minced and cold. Warm dressing will spoil the best salad. Keep salad bowl in the refrigerator until ready for the salad course. Do not put the salads on individual plates beforehand. The dressing often runs off and makes an ugly little pool in the plate.

#### Lettuce Salad

Discard the coarse outer leaves, pick each leaf from the stalk and wash separately in cold water; place washed leaves in wire basket



or netting and shake. Chill and serve with French dressing. To keep lettuce: As soon as washed place in a covered pail or in a cloth bag and keep on ice.

Dandelion greens, water cress and chickory are prepared and kept in the same way. Small herbs, such as chives, chervil, etc., may be cut out fine and served with these if liked. Crushed clove of garlic rubbed over the bowl and spoon gives an added flavor. The dandelion greens when washed and chilled should be shredded and served with bacon drippings.

### **Asparagus Vinaigrette**

Drain a quart can of asparagus, rinse in cold water, drain again and chill on the ice. Mix together one-half teaspoon of salt, one-fourth teaspoon paprika, one-half teaspoon onion juice, five tablespoons of olive oil, three tablespoons of vinegar and a few grains of celery salt. Lay the asparagus on a bed of crisp lettuce leaves, pour over the dressing and sprinkle with finely chopped parsley and green peppers.

### **Asparagus Cheese Salad**

Mix one tablespoon of gelatine with one-third cup of cold water. Then add one cup of boiling water and one-half teaspoon of salt. Allow to solidify partly and beat until fluffy with beater. Fold in one-half pound of grated cheese, one small can of asparagus tips and one-fourth cup of pimientos, cut in small pieces. Let stand until set and serve on shredded lettuce with mayonnaise.

### **Cucumber Jelly Salad**

Peel two cucumbers and cut in slices, add one slice of onion, one-half teaspoon of salt and a dash of pepper. Simmer until cucumbers are tender in one pint of water. Then add one tablespoon of gelatine, dissolved in warm water. Line a mould with slices of fresh cucumber cut very thin and pour in the jelly slowly. Set in the ice box to chill. Turn out on a bed of lettuce hearts [leaves] and serve with French dressing, which has been mixed with a piece of ice until it is nearly as thick as mayonnaise.

### **Green Pea Salad**

Drain through a colander a can of peas. Rinse them in cold water to remove all "canned" flavor. Chop two apples fine with one medium sized cucumber. Mix lightly with the peas and one-half cup of coarsely chopped pecan or English walnut meats. Serve on crisp lettuce with mayonnaise.



### Macedoine Salad

Vegetable salads can be made of any kind of cooked vegetables. Some kinds combine better than others—peas, beans, cauliflower, asparagus and young carrots combine well; turnips, carrots, beets, cabbage and tomatoes make another combination. It is generally best to use potatoes for the body of the salad, adding other vegetables to give color and flavor. Marinate each vegetable separately with French dressing. Set on ice to cool before serving. Rub the salad bowl with bruised clove of garlic before arranging the salad. Serve with more French dressing or mayonnaise. Garnish with nasturtium, gherkins, pickled beets.

To one pint cold cooked fish (almost any variety), add one teaspoon grated onion, one teaspoon grated horse-radish, one large cucumber pickle, cut into bits, and a pint of cooked potatoes cut into small cubes, with sufficient boiled dressing to moisten. Permit the salad to stand directly on the ice to chill, and arrange it in a flat mound on a bed of crisp lettuce leaves. Ornament the top with grated egg yolks to simulate yellow marigolds.

### String Bean Salad

Mix two cups cold cooked string beans with French or boiled dressing. Add one teaspoon finely chopped chives or onion. Pile in center salad dish and arrange thin sliced radishes around the dish.

### Cold Slaw

6 cups chopped cabbage  
 $\frac{1}{2}$  cup vinegar

6 teaspoons salt  
 5 teaspoons sugar

Toss thoroughly and chill; serve on bed of crisp green lettuce leaves.

### Cabbage Relish

2 cups shredded white cabbage  
 1 cup shredded red cabbage  
 $1\frac{1}{2}$  large red pepper } parboil  
 1 large green pepper } 5 min.

$\frac{1}{2}$  cup shredded celery  
 $\frac{1}{2}$  cup olive oil  
 $\frac{3}{4}$  cup vinegar  
 $\frac{1}{2}$  teaspoon mustard, salt, paprika, onion

Toss all together in bowl, and serve very cold. If used as salad, serve on crisp green lettuce leaves.

### Cabbage Salad

1 cabbage head  
 $\frac{1}{2}$  cup vinegar

$\frac{1}{2}$  teaspoon pepper  
 1 tablespoon oil or melted butter  
 $\frac{1}{2}$  teaspoon salt

Shred fine the cabbage and heap in a dish; combine the vinegar, butter and seasonings and pour over the cabbage. Mix well through the cabbage, using a silver fork. A boiled dressing may be used.

### Cauliflower Salad

Cook the cauliflower in boiling salted water, until tender. Drain, break into flowerets and chill. Pour French dressing over the cold vegetable and sprinkle chopped olives and parsley on top. Serve on a bed of crisp lettuce with a teaspoonful of mayonnaise.

### German Potato Salad No. I

6 medium sized potatoes	$\frac{1}{4}$ teaspoon black pepper
$\frac{1}{4}$ lb. fat bacon	$\frac{1}{2}$ cup hot vinegar
1 small onion	$\frac{1}{2}$ cup hot water
2 teaspoons salt	2 tablespoons salad oil

Boil the potatoes and after draining set them over the fire to dry. Peel and slice while warm. Cover at once with *dressing* made as follows: Cut the bacon into small dice, put in frying pan over a slow fire. Shred the onion into a large bowl, add salt, hot vinegar and hot water. When the fat is a light brown color and the dice well crisped, add the salad oil and pour it into the vinegar and onion, turning it slowly at first lest it spatter. Serve on crisp lettuce leaves, garnish with pickled beets. Best served as soon as made.

### German Potato Salad No. II

10 medium potatoes	4 tablespoons good olive oil
1 onion	5 tablespoons vinegar
1 teaspoon salt	Chopped parsley
$\frac{1}{2}$ teaspoon pepper	1 yolk of egg

Boil and peel the potatoes and slice them while still hot. Spread over the potatoes the onion, sliced fine, and then sprinkle with salt and pepper. In a bowl mix the yolk of egg, the oil and vinegar, and then pour it over the potatoes. Now pour over all three-fourths of a cup of boiling water. This is in order that the salad will not have the common fault of being too dry. After thoroughly mixing, cover the salad, and let it stand for a few hours.

### Potato Salad No. I

1 quart cold cooked potatoes, sliced	1 cup diced celery
1 cucumber sliced	2 cups boiled dressing
	2 teaspoons salt
	$\frac{1}{4}$ teaspoon black pepper

Arrange in alternate layers the potatoes and cucumber, sprinkled with seasonings. Add the dressing, do not stir, but lift carefully with forks.

### Potato Salad No. II

1 quart cold boiled potatoes	1 cup peas
1 pint diced celery	2 small cucumber pickles

Olives

Dice potatoes, add celery and peas; canned peas answer this purpose well if they are first cooked as for the table with the addition of enough sugar to restore their summer sweetness. Finely minced cucumber pickles and olives may be added. Combine with a liberal amount of French dressing flavored with Tarragon vinegar and onion juice to taste; or with mayonnaise made with these seasonings. Either dressing makes an excellent salad.

### Hungarian Potato Salad

2 cups sliced cooked potatoes	4 sardines
1 small onion minced	1 tablespoon minced boiled ham
1 pickled beet minced	1 teaspoon salt
1 cucumber sliced	$\frac{1}{4}$ teaspoon black pepper
1 Dutch herring	$\frac{1}{2}$ cup vinegar

Pick over and break into pieces the herring and sardines, mix all together and pour over the one-half cup of vinegar, garnish with walnut pickle.

### Tomato and Potted Meat Salad

To pulp of twelve tomatoes add two cans potted ham or chicken, one dozen olives cut fine, salt and pepper to taste. Put this mixture in tomato shells, stem ends having been sliced off to remove pulp. Put a teaspoon cream dressing on each and just before serving add several pecan meats to each.

### Stuffed Tomato Salad

Peel as many ripe tomatoes as there are covers. Remove hearts and set shells on ice to chill. Pare cucumbers quite close to seeds and chop them coarsely. Pour a French dressing over and fill them lightly into tomato shells. Serve each on a crisp lettuce leaf.

### Stuffed Tomato Salad

4 tomatoes	1 small tomato
12 fillets anchovies	1 egg hard boiled
8 clams	Watercress minced fine

#### French dressing

Skin four medium sized tomatoes and scoop out seeds and some pulp, leaving hollow shell. Chill these in the icebox. Prepare salad mixture with twelve fillets anchovies, eight cherrystone clams and one small tomato, all finely minced, and one hard cooked egg and two branches watercress, hashed fine. Bind together with French dressing and stuff tomato shells with this mixture. Dress with sauce supreme made from four tablespoons mayonnaise, two tablespoons chili sauce, one teaspoon Worcestershire sauce, English mustard, salt, pepper, celery salt, paprika and dash curry powder to taste. Mask tomatoes with this and put each on a heart of lettuce leaf.

### Stuffed Tomato Salad

Peel tomatoes, scoop out insides, sprinkle cavity with salt, invert, and allow to thoroughly chill. Wash a small cream or Neufchatel cheese, and add one canned pimiento and two olives finely chopped, one teaspoon each finely chopped onion and parsley, and salt and paprika to taste. Stuff tomatoes with mixture, and serve on lettuce with mayonnaise dressing.

### Tomato Salad

4 tomatoes	1 teaspoon minced parsley
2 cucumbers	6 blades chives
1 head lettuce	4 green tarragon leaves
1 measure French dressing	

Scald and skin tomatoes by plunging them in boiling water, either slice or divide and chill. Arrange tomatoes and cucumbers on prepared lettuce leaves, sprinkle with minced parsley, chives and tarragon leaves and serve with French dressing.

### Vegetable Harlequin

Cook one-half peck spinach, as usual, in very little salted water. When done, drain very dry by pressing in colander, chop fine, and season. Cut three or four cooked beets into small dice, and heat in saucepan in tablespoon butter. Season with salt and pepper. Reheat about two cups drained cold peas in same way. Arrange spinach in ring around a small platter. It should be dry enough to make ridge one and one-half inches high. Inside ring, at either end, put beets, and in middle peas, keeping line division as straight as possible. Over whole sprinkle minced parsley, and send very hot to table. This dish may be varied according to vegetables available, and is good way to utilize small left-overs.

### Spinach Salad

Wash thoroughly and boil one-half peck spinach. If it is young and tender cook in its own juices, heating it in saucepan very gradually to prevent burning. Cook 25 minutes or until tender. Old spinach is better cooked in boiling salted water. Allow two quarts water to one peck spinach. When tender drain spinach and chop it with six hard cooked eggs. Add one cup toasted bread crumbs and one-half cup minced boiled ham, if liked. Pack in small cups or moulds. Chill on ice and when ready to serve surround each mould on serving plate with olives and dress with mayonnaise.

### Yellow Tomato Salad

Scald quickly from fifteen to eighteen yellow tomatoes, such as are used for preserving; peel and chill. Plunge into boiling water and boil



for two minutes six to eight sweet green peppers. Rub off loosened skin with towel, split and take out cores and seeds. When cold, chop moderately fine. On platter arrange blanched lettuce leaves. In center put chopped peppers in mound and around this put yellow tomatoes. Serve with either mayonnaise or French dressing, flavored in either case with tarragon vinegar and onion juice.

### Jellied Chicken and Egg Salad

1½ c. chicken stock or water	1 tablespoon Worcestershire
1 onion	sauce
1 red pepper	2 tablespoons gelatine
1 teaspoon salt	2 cups diced chicken

Cook eggs until hard; and cool. Cook onion, pepper, salt and Worcestershire in stock, and add this hot to gelatine which has been soaked in enough cold water to cover. When thoroughly dissolved pour into an oblong wetted mould to the depth of one-half inch, and set on ice until stiffened. Arrange slices of egg on the jelly. Add remainder of sliced eggs and diced chicken to the gelatine stock and pour all into the mould. Chill and serve in slices with salad dressing, either with or without lettuce.

### Chicken Salad

2 cups white meat	1 cup mayonnaise dressing
2 cups diced celery	French dressing

The meat should be cut into even pieces, about one-half inch cubes. Marinate with the French dressing and set aside for an hour to season and chill. At serving time add the celery and mayonnaise. Arrange on torn lettuce and garnish with cress, gherkins or stoned olives. Drop a large spoon of mayonnaise on top and garnish around with celery tips.

### Veal Salad

Meat may be remainder of roast of previous day. Trim away carefully all fat and gristle and cut in dice. Serve on lettuce with French dressing, or mayonnaise, as one prefers. Garden cress or pepper-grass is a good addition.

### Beef Salad

Cut in dice 3 rather large cold boiled potatoes and put into a bowl. Add an equal amount of cold cooked meat cut into small pieces, and marinate with a French dressing. Put on ice, and when ready to serve add 1 tablespoon of pickled beets, 1 teaspoon of chives, and a tablespoon of parsley, all chopped fine. Serve on lettuce leaves, with a slice of hard boiled egg on each portion.



### Grapefruit Salad

- |                            |                        |
|----------------------------|------------------------|
| 2 small green peppers      | 1 tablespoon nut meats |
| 1 teaspoon minced pimienta | 1 large grapefruit     |
| 1 cup celery               |                        |

Shred finely the peppers, discarding the seeds; add minced pimienta, sections from grapefruit (cut in halves and skin removed), the chopped nuts and diced celery. Moisten with French dressing and serve in lettuce cups.

Mix equal amounts of grapefruit and dates. Marinate for about fifteen minutes in French dressing. Then add enough of the following dressing to moisten it well: One-half cup grape juice and four tablespoons of powdered sugar to one cup of whipped cream.

### Apricot and Prune Salad

Fill halves of apricots (canned), allowing two to each person, with prunes stuffed with cream cheese. Lay on crisp, shredded lettuce and top with mayonnaise and whipped cream. This is almost a dessert, and can really be used as one after a heavy dinner.

### Pineapple and Cheese Ball Salad

On a bed of crisp green lettuce leaves, put a tablespoon of boiled dressing and a slice of canned pineapple on the dressing. Put a ball of well-seasoned cream cheese in the center of the pineapple. The cheese balls may be rolled in chopped nuts for variety.

### Orange Salad

For six persons pare four rather acid oranges, slice them very thin, cutting down the sides instead of across, and sprinkle with sugar. Mix one tablespoon grape juice with one of cider vinegar and one of lemon juice and pour it over the fruit. Set on ice an hour before using. Serve before a game course.

### Pineapple and Green Pepper Salad

Stuff a green pepper with well-seasoned cream cheese and chill. When ready to serve put on each plate a few crisp leaves of lettuce; on lettuce put one teaspoon boiled dressing. Lay one slice of canned pineapple on the dressing and a thin slice of the stuffed pepper cut in a ring on the pineapple. Sprinkle a little paprika on the slice of stuffed pepper.

### Cherry and Cheese Salad

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 3 green peppers                   | $\frac{1}{2}$ of a cream cheese |
| $\frac{1}{2}$ cup canned cherries | 2 tablespoons chopped nuts      |

Cut green peppers in halves and remove the seeds and membranes. Mash half a cream cheese and add one-half cup of drained canned

cherries, finely chopped, sufficient of the cherry syrup to slightly moisten the cheese and two tablespoons of chopped nut meats. Pack the mixture into the halved peppers, chill on the ice and with a sharp knife cut in thin slices lengthwise. Serve two slices as a portion, laid on three leaves of ormaine. Dress with French dressing.

### Waldorf Salad

1 cup sliced apples	$\frac{1}{2}$ cup walnut meats, broken in pieces
1 cup celery diced	
1 tablespoon lemon juice	1 cup mayonnaise or boiled dressing
$\frac{1}{2}$ teaspoon salt	

Mix lightly apples, celery and nuts, being careful not to crush fruit, sprinkle with salt and add dressing.

### Strawberry Orange and Cheese Ball Salad

Arrange three lettuce leaves on each individual salad plate with stems meeting in center. In one lettuce leaf place whole small, strawberries, washed and hulled; in the second lettuce leaf place sections of orange free from skin and membrane, and on third leaf balls of cream cheese size of the strawberries, rolled in chopped nuts. Serve Cream French Dressing with this. May be used as a dessert.

### Date Salad

2 cups dates	2 cups chopped celery
1 cup of grated American cheese	Lettuce
4 tablespoons cream or milk	French dressing
1 tablespoon Worcestershire sauce	

Cut dates down on one side lengthwise, remove stone and stuff with mixture of cheese, cream and Worcestershire sauce. Arrange lettuce leaves on salad plate, place two tablespoons chopped celery in center and arrange the stuffed dates around celery on lettuce leaves. Serve cold with French dressing.

### Sweetbread and Orange Salad

Soak sweetbreads in cold, salted water for about one hour before cooking. Then boil for about twenty minutes, changing water twice. Plunge into cold water immediately after they are done. Remove every particle membrane and then chop, not too finely. Add about one-third as much finely chopped celery as there are sweetbreads and about the same of chopped orange. Mix with mayonnaise and serve on hearts of lettuce.

### Cream Cheese Salad

Mix one-half can of pimientos or sweet peppers with one cream cheese. Beat into mixture sufficient mayonnaise to soften it slightly and add a few drops of onion juice, more if a decided onion flavor is liked. Pack in mould, chill on ice and when ready to serve cut in slices and place on crisp lettuce leaves.

### Cheese Salad

$\frac{1}{2}$  tablespoon gelatine  
 $\frac{1}{4}$  lb. American cheese

$\frac{1}{2}$  pint cream  
1 tablespoon walnuts, salt and paprika

Dissolve one-half tablespoon of gelatine in two tablespoons of boiling water. When cold beat into one-half pint of chilled cream that has been beaten solid, and to which has been added one-fourth pound of grated American cheese, one tablespoon of chopped walnuts, salt and paprika to taste. Pour into a square mould and when firm cut in slices and serve on lettuce leaves dressed with French dressing.

### Water Lily Salad

6 eggs

1 head lettuce  
Boiled salad dressing

Hard cook eggs and remove shells. Wash lettuce and reserve twelve medium-sized leaves and cut rest into thin shreds. Cut eggs around center, being careful to cut through white. Separate each egg into halves when it has been cut. Mix shredded lettuce with salad dressing. Arrange lettuce leaves on plate, put salad dressing on them and place eggs on salad dressing. Serve cold.

### Easter Salad

Lay on individual plates 4 crisp pieces of Romaine in fan shape and between the stalks lay thin, wedge shaped pieces of hard boiled egg. On each of the leaves place small balls made from chopped pickled beets, capers, minced celery and thick mayonnaise dressing and garnish with tiny pink radishes and a few asparagus tips.

### Moulded Salmon

Remove skin and bones from one can salmon and separate fish in small pieces. Mix together one-half tablespoon each of mustard, and salt, two tablespoons sugar, and yolks of three eggs, one cup thin cream and one-fourth cup vinegar. Cook over water until thickened like custard. Remove from fire, and add one-fourth tablespoon granulated gelatine which has soaked in one-fourth cup cold water, and strain over salmon. Mix thoroughly, turn into mould which has been

dipped in cold water, and set away in cold place. Turn mould on bed lettuce, and serve with cucumber dressing.

### Salad in Jelly

Make Aspic Jelly No. 1. Fill bottom of salad dish with a little of the jelly and set on ice. When hard, set in the salad dish on top of jelly, a bowl large enough to hold the desired amount of salad, and fill bowl with ice; pour jelly around until almost reaching top of the bowl; when jelly is hard, remove ice from bowl and fill with warm water for moment only; then remove bowl from jelly, being careful not to break jelly. Make any ordinary salad, such as chicken, veal, lobster, shrimp or nice, red tomatoes sliced with little green, as celery, lettuce, etc., mixed through here and there. Place salad in space left in jelly and cover salad with remaining jelly; set on ice.

### Shrimp and Cabbage Salad

To ordinary shrimp salad add about one-third its bulk finely shredded cabbage. It will improve its flavor and one pound of shrimps will go a great deal further than when served in the usual fashion.

### Lobster Salad

1 good sized lobster  
1 head lettuce

$\frac{1}{2}$  cup mayonnaise dressing  
1 measure of French dressing

Cut the meat into small dice, marinate with French dressing and set aside to season and chill. Shred the lettuce and chill. At serving time combine meat and lettuce, mix with dressing, place in salad bowl on crisp lettuce leaves and garnish with the small leaves and small claws. Shrimp, crabs and crawfish are prepared in the same way.

### Shrimp and Tomato Aspic Salad

Cook one can tomatoes with one-half teaspoon salt, one-half teaspoon sugar, a dash pepper and one small onion sliced. Soften one-half box gelatine in cold water. When vegetables are cooked strain them from juice and bring it to boil. Turn gelatine into hot liquid, stirring until dissolved, then set away to chill and harden. When ready to serve, break this aspic into small cubes and arrange shrimps on them, pouring plain mayonnaise dressing over all. Hard cooked eggs cut into fine slices make a pretty garnish.

### Fish Salad

Break cold cooked halibut or any delicate white fish into convenient pieces, removing all skin, bones and fat, marinate with tarragon or

spiced vinegar and set aside for an hour; arrange on leaves of lettuce and serve with mayonnaise or tartar sauce.

### Shrimp Salad

Boil and pick from shells; if large, cut in half, otherwise leave whole. Season well with salt and pepper, then mix well with crisp celery, chopped fine with very little onion. Heap in salad dish, cover with good mayonnaise, and garnish with sliced hard-boiled eggs, sliced lemon, sliced beets and celery tips.

### Sardine Salad

Cut one can sardines and one cup shrimp into small pieces. Chop one small onion and three sour pickles, adding a few capers and chopped parsley. Add juice two lemons and serve on lettuce leaves with mayonnaise and garnish with slices hard-boiled eggs.

### Butter Dressing

2 raw egg yolks	$\frac{1}{2}$ teaspoon pepper
6 tablespoons butter	4 tarragon leaves chopped fine
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon lemon juice.

Put egg yolks with two tablespoons butter in saucepan and set over hot water, stir rapidly until butter is melted and sauce begins to thicken; add two tablespoons butter and combine, stirring to a cream, add remainder butter, a bit at a time, seasonings and minced tarragon leaves. The lemon should be added just before serving.

### Salad Dressing Without Oil

2 eggs	2 tablespoons butter
$\frac{1}{2}$ teaspoon mustard	3 tablespoons vinegar
1 teaspoon salt	1 tablespoon sugar

Beat eggs, add mixed seasonings, beat a little more, then add melted butter and vinegar. Set bowl over boiling water and stir constantly until thick and smooth. Use cold, add a cup cream, whipped very stiff, before serving.

### Boiled Salad Dressing

$\frac{1}{2}$ tablespoon salt	$\frac{1}{2}$ tablespoon flour
1 teaspoon mustard	2 egg yolks
$1\frac{1}{2}$ tablespoons sugar	$1\frac{1}{2}$ tablespoons melted butter
Few grains red pepper	$\frac{3}{4}$ cup diluted evaporated milk
$\frac{1}{2}$ cup mild vinegar	

Mix dry ingredients, add slightly beaten eggs and mix well. Add butter, then milk gradually and vinegar very slowly. Cook over boiling water until mixture slightly thickens or coats spoon. Strain, if needed, and use cold.



*Note:* If mixture should curdle from cooking too long, it can be made smooth by beating with an egg beater.

### Sour Cream Dressing

1 cup sour cream	1 tablespoon sugar
2 tablespoons lemon juice	1 teaspoon salt
2 tablespoons vinegar	$\frac{1}{2}$ teaspoon pepper
1 teaspoon or more mixed mustard	

Beat cream with an egg beater until smooth, thick and light. Mix other ingredients together and gradually add to cream, beating constantly. This dressing may be modified to suit different vegetables. Having beaten sour cream for a foundation, seasoning may be anything desired, for example, mustard and lemon may be omitted and any kind of relish used.

### Remoulade Dressing

Put three hard-boiled egg yolks into a bowl, mash smooth, add to them one-half teaspoon made mustard, one tablespoon of vinegar, with salt and cayenne to taste. Next add, drop by drop, three tablespoons olive oil, after which put in yolk of a raw egg, and stir until light. Finish with juice of one-half lemon added very gradually. Much depends on mixing—if hurried, or carelessly done, sauce will curdle.

### Mayonnaise Dressing

3 egg yolks	$\frac{1}{2}$ teaspoon powdered sugar
1 teaspoon salt	2 cups olive oil
$\frac{1}{2}$ teaspoon mustard	2 tablespoons lemon juice
$\frac{1}{2}$ teaspoon pepper	1 tablespoon vinegar

Mix dry ingredients, add egg yolks, when well mixed add one-half teaspoon vinegar; beat with Dover beater until smooth, then add, drop by drop, two cups oil, beating constantly. As mixture thickens, thin with lemon juice, or vinegar; add more oil, alternating with vinegar and lemon until proportions are used, stirring or beating constantly. If oil is added too rapidly dressing will curdle. In this case take a fresh, cold yolk, beat until thick and add curdled mixture slowly to it. The oil for salad dressing should be thoroughly chilled and in making, all utensils and ingredients should be cold. It is helpful to place bowl in a larger dish of cracked ice. Mayonnaise should be stiff enough to hold its shape. Size of eggs and sharpness of vinegar are so variable that sauce made with two cups of oil may vary at different times.

### Green Mayonnaise

Green mayonnaise is made by adding three tablespoons of ravigote herbs to mayonnaise rule; or chop parsley leaves and pound with a

small quantity of lemon juice, strain through a cheesecloth and add to the rule.

### Red Mayonnaise

Red mayonnaise is made by adding one tablespoon lobster coral rubbed through a fine sieve.

### Cream Salad Dressing

3 hard boiled egg yolks	$\frac{1}{8}$ teaspoon pepper
1 teaspoon salt	$\frac{1}{2}$ teaspoon mustard
$\frac{1}{4}$ teaspoon powdered sugar	2 tablespoons vinegar
2 cups cream	

Whip cream until thick; rub egg yolks to smooth paste, add mixed seasonings, combine with whipped cream and beat until smooth.

### Cream Mayonnaise

To mayonnaise add  $\frac{1}{3}$  cup cream, beaten until stiff. This should be added immediately before serving.

### Chili Dressing

Mix together six tablespoons olive oil, three tablespoons vinegar, one teaspoon tarragon vinegar, one teaspoon finely chopped onion, one-half teaspoon salt, one-eighth teaspoon pepper, one-fourth teaspoon paprika and two tablespoons chili sauce. Let stand several hours, shake well, and serve on the salad.

### Chiffonade Dressing

Mix together five tablespoons olive oil, two tablespoons of vinegar, one teaspoon salt, one-fourth teaspoon paprika, one-eighth teaspoon black pepper, one finely chopped hard-cooked egg, one tablespoon each red pepper and parsley, and one teaspoon finely chopped onion. Place on ice to become thoroughly chilled, shake well and serve on green salad plants.

### French Dressing

$\frac{1}{2}$ teaspoon salt	4 tablespoons oil
$\frac{1}{4}$ teaspoon pepper	2 tablespoons vinegar

Mix salt and pepper, add oil slowly, stirring constantly; add vinegar. This rule with a green salad will serve six persons. For cooked vegetables use twice or three times the measure.

### French Dressing with Roquefort Cheese

For mixed salad of tomatoes, lettuce and cucumbers, the following dressing is most delicious. The foundation is regular French dressing

into which crumbled roquefort cheese is stirred, until dressing is smooth. Use much or little cheese, as taste indicates.

### Horseradish Sauce

Beat one cup cream until stiff, then add two tablespoons of fresh grated horseradish root, one tablespoon vinegar, one-half teaspoon salt, and one-fourth teaspoon of paprika. Good with roast beef, or veal, or on tomatoes to be served as a salad.

## CHAPTER XVI

### ENTREES

**T**HE Entree has a place only in the formal dinner. It is the in-between-course and directly precedes the main course of the meal. The Entree may lend distinction to the meal and therefore must be carefully chosen. It must combine the qualities of a dainty dish and a pronounced flavor and must "fit in" with the other dishes of the meal.

In a light meal the Entree may take on greater importance but in the heavy dinner it must not add bulk to the meal. White meat of chicken, sweetbreads, dainty croquettes and fritters, canapes, chilled fruits and jellied vegetables are all possibilities in the field of Entrees.

Entrees serve a host of purposes. The dishes included under this head are nearly all of such nature that they can be used for luncheon dishes. If they are used that way, larger servings are provided than when the dish is employed as an entree. Another place where the entree is especially useful is for the emergency guest. Very often dinner is planned and an unexpected guest is brought home or drops in. The quickest way to make the dinner go round is to add an extra course. This not only gives more bulk to the meal but adds a company air.

Leftovers are easily made into attractive croquettes, fritters and canapes. Especially in fritters the taste of the leftovers is almost completely changed. The crisp crust makes these little bits acceptable. If croquettes are served a great deal, it is better not to use them as entrees.

To be really attractive both the fritters and the croquettes must be very well made and nicely served. The shape of a croquette adds to its attractiveness or takes away from it. It should never look like a meat cake. If they are meant to be balls, they should be perfectly shaped, or if they are meant to be cone shaped, they should be so carefully handled that they will hold up. It takes considerable practice to make really good looking croquettes.

To make good croquettes, the meat or fish must be minced quite fine and all the ingredients so well combined that the flavors are thoroughly blended. The mixture must be as moist as it is possible to handle it without spoiling the shape of the croquette. The

cork shaped ones are the easiest to handle. The mixture should be dipped in egg and breaded carefully and then chilled. They are easier to handle in the frying basket if taken out of the refrigerator and will hold together in the fat better.

The sweet croquette is often served as a dessert. After a luncheon of a simple salad, the sweet croquette is just heavy enough to round out the meal.

Fritters, too, are more often used as dessert dishes in the simple meal, but if made very small with meat or fish the real place is the in-between course called the entree.

### Aspic Jelly No. 1

5 cups strong consomme		$\frac{1}{2}$ teaspoon salt
1 box gelatine		$\frac{1}{2}$ teaspoon pepper
1 tablespoon carrot	} minced	2 teaspoons vinegar or lemon
1 tablespoon onion		juice
Dash of cayenne		Whites and shells of 2 eggs

Cook consomme, vegetables, lemon juice for ten minutes. Soak the gelatine in one cup of cold water, let stand for twenty minutes. Pour the hot broth over the soaked gelatine, add the egg to the broth. Stir well together, remove from the fire and let stand for thirty minutes. Strain through flannel or two thicknesses of cheese-cloth. In hot weather reduce liquid one cup.

### Aspic Jelly No. 2

(Without Meat)

4 cups cold water	Carrot	} 1 tablespoon minced
2 tablespoons each malt, tarragon and chili vinegar	Turnip	
Rind of half a lemon	Onion	
Whites and shells of 2 eggs	1 stalk celery	1 teaspoon salt
10 peppercorns	2 sprigs parsley	
	1 box gelatine	

Put all the ingredients, except the gelatine and egg, into a stew pan. Put over the fire until it boils. Soak the gelatine in one cup of cold water for twenty minutes. Pour the boiling broth over the soaked gelatine and beat slightly. Heat the broth a few minutes after adding the egg; remove from the fire, let stand for thirty minutes, filter through flannel or napkin.

### Aspic of Chicken

Once the rule for Aspic jelly	3 slices cooked carrot
No. 1	1 cup mayonnaise
1 hard boiled egg	3 cups very tender cold chicken
3 slices cooked beet	1 cup cooked vegetables
$\frac{1}{2}$ bunch celery	



Rinse a three-pint border mould in cold water and pour in semi-congealed aspic to cover the bottom, set in ice water to become firm, and as soon as they can be laid on without sinking, garnish with the prepared vegetables, bits of parsley and egg. Pour on more of the jelly and harden again. Sprinkle the bits of meat well with salt, pepper and celery salt and mix with them some of the cool aspic. As soon as vegetables are firmly bedded in their layer, fill mould nearly to top with chicken, pour over more liquid aspic to make sure every crevice is filled, and cool again. Fill brim with aspic and set on ice for ten or twelve hours. At serving time turn on a flat dish, fill the center with celery finely shaved and dressed with mayonnaise. Garnish with delicate celery leaves.

### Broiled Sweetbreads

Parboil the sweetbreads, remove any membranes, slice lengthwise, sprinkle with salt and pepper, place slices on hot broiler under quick fire and broil five minutes, turning once; remove to hot platter and serve with peas and toast.

### Baked Macaroni, with Cheese

$\frac{3}{4}$ cup macaroni, broken in pieces	2 tablespoons butter
2 quarts boiling water	$\frac{1}{2}$ cup grated cheese
1 tablespoon salt	$1\frac{1}{2}$ cups scalded milk
2 tablespoons flour	$\frac{1}{4}$ cup buttered bread crumbs

Cook the macaroni in the boiling water for twenty minutes; drain and blanch with cold water. Make a white sauce of the butter, flour and milk. Add seasoning to the sauce. Arrange a layer of cooked macaroni in the bottom of a buttered baking dish; sprinkle with the grated cheese, repeat until all the macaroni and cheese are used; pour the white sauce over, cover the top with buttered crumbs and bake for twenty minutes in a hot oven, or long enough to give the top a nice brown.

### Bean Loaf

To one can of beans, mashed, or rubbed through a sieve, add one cup of cold cooked potatoes, mashed, one well beaten egg and one small onion chopped fine. Season to taste. Form into a loaf, dust with cracker crumbs, and bake until nicely browned. Slice, and serve either hot or cold, with salad dressing.

### Bean Croquettes

1 pint white soup beans	1 tablespoon molasses
1 tablespoon vinegar	1 tablespoon butter
Salt and cayenne to taste	

Boil the beans in plain unsalted water. When done, drain and press the beans through a colander, then add the other ingredients, mix well and stand away to cool. When cold, form into small balls, dip first in egg and then in bread crumbs, and fry in deep hot fat.

### Bean Souffle

Press contents of one can of beans through a sieve. Add to this one-fourth cup of water and two tablespoons of flour. Cook together for five minutes; add well beaten yolks of three eggs, mix and cool. Cut and fold in the whites of three eggs beaten stiff and dry; turn into a greased baking dish or shallow pan, and bake in a medium oven for thirty minutes, or until the center is well set. The dish may be placed in a shallow pan of hot water and a hotter oven used. This will insure a more uniform baking of the souffle.

### Croquette of Calf's Brains

1 pair calf's brains	$\frac{1}{2}$ cup boiled rice
1 small sweetbread	1 cup White Sauce No. 3
1 can mushrooms	1 teaspoon salt
$\frac{1}{4}$ teaspoon pepper	

Parboil sweetbread and brains, chop very fine with can mushrooms, combine rice and white sauce; cool and shape into small rolls. Roll in fine crumbs, egg and crumbs again, and fry in deep fat. Drain on brown paper and serve.

### Chicken Pudding

Dress, clean and cut up the chicken; make a batter with four cups flour, one teaspoon salt, one quart milk and six eggs beaten light. Pour over chicken. This should be baked in a very gentle heat, and served as soon as done, with a gravy.

### Chicken and Corn Pudding

3 lb. chicken	2 cups sweet milk
1 quart green corn cut fine	1 teaspoon salt
3 eggs	$\frac{1}{4}$ teaspoon pepper

Few grains cayenne

Clean, dress and cut the chicken in small pieces; simmer in a covered kettle until it begins to grow tender, remove to a buttered baking dish, seasoning well with salt and pepper. Combine the corn, scalded milk, seasoning and beaten eggs; pour this mixture over the chicken, cover the top with fine buttered bread crumbs and bake in a moderate oven for twenty-five minutes or until set and a delicate brown. Reduce the stock in which the chicken was cooked to a pint, make a gravy and serve with the pudding.

### Chicken Souffle

2 cups of cold chicken chopped fine	1 teaspoon chopped parsley
2 cups scalded milk	$\frac{1}{2}$ cup bread crumbs
2 tablespoons butter	1 teaspoon salt
2 tablespoons flour	Few grains cayenne
	4 eggs

Melt butter, add flour and seasonings, cook; add gradually the milk, cooking to a smooth cream, add to this the parsley, bread crumbs and the chicken. Combine with beaten yolks; lastly fold in the whites beaten stiff. Turn into a buttered baking dish, bake in a slow oven thirty-five minutes.

### Chicken Turn-Over

Chop until very fine some cooked chicken, season highly, add a little finely minced ham, moisten with its own gravy or cream. Roll out trimmings of puff paste or any good pastry and cut in rather large rounds, moisten the edges slightly. Lay a tablespoon of mixture on one-half of each round of the paste, fold the other half over it, press the moistened edges closely together and bake in quick oven, or fry in hot fat.

### Curried Rice

1 cup rice	1 tablespoon salt
2 quarts boiling water	1 teaspoon curry powder
1 cup White Sauce No. 1	

In cooking, follow the directions as given under boiled rice. Dilute the curry powder and combine with the white sauce; add more salt, if necessary, and pour over the drained rice. Serve with veal or mutton.

### Chicken Rissoles

1 cup cold cooked chicken	$\frac{1}{4}$ teaspoon salt
2 tablespoons minced mushrooms	Few grains cayenne
$\frac{1}{2}$ cup White Sauce	$\frac{1}{4}$ rule for Puff Paste

Mince chicken very fine, combine with mushrooms, seasonings, and sauce; let cook for one minute and set away to cool. Roll puff paste one-eighth inch thick and cut twelve four-inch rounds; divide chicken paste into twelve parts and put one on each round of paste, a little to one side of center, flatten it slightly, wet rim of paste a little way from the edge with white of egg; add another egg to the one from which you used and beat with one tablespoon milk. Dip rissoles in this, taking care not to handle edges, nor separate the cover. Drain them and cook in hot fat till a golden brown. The fat should be hotter than for doughnuts, but not so hot as for croquettes. Dry on paper and serve at once. This gives two for each of the six persons at lunch, but in a course dinner one is quite enough for each person.

**Chicken Quenelles**

1 chicken breast	1 egg
$\frac{1}{2}$ calf's brain	1 teaspoon salt
$\frac{1}{4}$ cup cream	$\frac{1}{2}$ teaspoon lemon juice
2 tablespoons bread crumbs	Grating of nutmeg
2 tablespoons butter	Few grains pepper

Clean the brains, tie in a piece of cheesecloth and cook slowly for half an hour in well seasoned stock. Cool and pound smooth, add to the chicken meat, also chopped and pounded, and rub both through a sieve. Cook the bread and cream together until a smooth panada; add the meat and seasonings and lastly, the egg, and set away to cool. When ready to use, dip two teaspoons in hot water, fill one spoon with the mixture and slip from one to the other until it is smooth and shaped like the bowl of the spoon; slide on a buttered pan. When all are formed, cover with boiling stock and let cook below the boiling point for ten minutes, keeping the dish covered with buttered paper.

**Chicken Force meat (White)**

1 cup meat	3 tablespoons butter
1 cup cream	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup fine stale bread crumbs	$\frac{1}{2}$ blade mace
3 egg whites	$\frac{1}{8}$ teaspoon pepper

Prepare the meat according to general directions, by chopping, pounding and rubbing through a sieve. Boil the bread, mace and cream together until they are cooked to a smooth paste, about ten minutes; then take from the fire, add the butter, then the meat and seasoning. Beat whites of eggs well and add the last thing. Test to make the texture right and set away to keep cool until wanted. Game and veal forcemeat are prepared in the same way.

**Croustades of Bread**

Cut stale bread into four-inch slices, cut in squares or circles; remove centers, leaving cases. Fry in deep fat or brush over with melted butter and brown in oven. Fill the centers with cream fish, meat or vegetables.

**Chicken Croquettes No. 1**

2 cups chopped cold fowl	Few grains cayenne
1 cup thick White Sauce	1 teaspoon lemon juice
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ teaspoon onion juice
1 teaspoon chopped parsley	

Mix the meat and seasonings, combine with the White Sauce; cool, shape, crumb and fry in deep fat. Drain on soft paper.



**Chicken Croquettes No. 2 (with Brains)**

2 chickens boiled	$\frac{1}{4}$ nutmeg grated.
1 pair veal brains boiled	Salt to taste
1 cup suet chopped	2 sprigs parsley
1 lemon, juice and one-half the rind grated	1 teaspoon onion juice
	Cayenne and white pepper

1 pint White Sauce No. 3

Chop or grind the meat as fine as possible, mix meat and seasoning well together and add as much thick white sauce as you dare; it should be very soft, as it stiffens in cooling. Set on the ice until thoroughly cold and firm enough to shape easily. Roll in cork shape, about one by two and one-half inches. Roll in sifted bread crumbs, then in beaten egg diluted with two tablespoons milk, then in crumbs again, and set away till needed. Fry as other croquettes.

**Chicken Croquettes No. 3**

1 cup cold cooked chicken	$\frac{1}{4}$ cup cream
$\frac{1}{2}$ can mushrooms	$\frac{1}{4}$ cup mushroom liquor
3 tablespoons flour	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup chicken stock	1 teaspoon lemon juice

Chop chicken and mushrooms fine. Melt butter, add flour mixed with seasonings and add slowly stock and mushroom liquor. Cook until smooth and add cream, combine with meat and mushrooms. Cool, shape and crumb. Fry in deep fat. Drain on brown paper.

**Chicken Timbales****Forcemeat**

2 cups raw lean veal	6 tablespoons butter
1 cup stale bread crumbs	2 teaspoons salt
2 cups cream	$\frac{1}{2}$ teaspoon white pepper
A blade of mace	4 egg whites

Serape veal to pulp and pound smooth; cook bread crumbs in cream with blade mace for twenty minutes, remove mace and with spoon mash to firm paste; add butter seasonings and pounded meat. Beat all together and lastly, fold in egg whites beaten stiff.

**Filling**

1 cup cream	1 teaspoon salt
1 teaspoon butter	$\frac{1}{2}$ teaspoon pepper
2 tablespoons flour	3 cups diced chicken
$\frac{1}{2}$ cup sliced mushrooms	

Butter moulds with cold butter, dot bottom and sides with tiny dice of truffle and line them with forcemeat (take care to have lining at bottom of mould and thick around top or it will break when turned out). Fill moulds to within three-fourths inch of top with



creamed preparation and cover with forcemeat. Place moulds in deep pan and pour in hot water to fill almost to top of moulds. Cover with buttered paper and cook in slow oven for twenty-five minutes. Water must not boil. Serve with Bechamel or Yellow Sauce.

### Creamed Chicken Patties

2 cups cold cooked chicken cut in dice	2 cups white sauce $\frac{1}{2}$ teaspoon celery salt
$\frac{1}{2}$ cup mushrooms cut in slices	

Make white sauce by scalding two cups milk and adding two tablespoons butter and two tablespoons flour. When thoroughly cooked add chicken, seasoning and mushrooms. Heat thoroughly and serve in patty shells. Creamed chicken may be served over triangles of toast, if preferred.

## CHAPTER XVII

### PUDDINGS

**T**HERE is a large variety of puddings, both hot and cold. Puddings are used not only as desserts, but also as main courses for luncheons or even dinners. Meat and fish puddings are made like the souffles and should rightfully be classed with them. Many cook books, however, call these substantial souffles puddings, and they are listed that way.

The puddings given here are all of the sweet variety and are intended as desserts. As a rule the puddings are the more substantial desserts, and should therefore be used in the meal with the lighter dishes as the main course. The meal should be planned to include the pudding. It should not be just something extra as a sweet course. Most puddings are too heavy to be used that way and soon become a tax on the digestion if eaten after a heavy meal.

The simple puddings used in the diet of children are those made of egg and milk, or those made of egg, milk and cereal. Fruit is often added to these simple desserts. The thin batter puddings, too, are used for the youngsters, but the heavy steamed pudding with many kinds of fruit, suet, eggs, and cereals as binders, should be reserved for the more hearty digestions.

The holiday puddings which are usually used after a heavy holiday meal are best made in small moulds, so a small portion can be served and still not be unattractive.

The cold pudding can be made as decorative as those of the frozen variety. The former may be ornamented and decorated with preserved fruit and whipped cream to give them a festive look and incidentally add to the taste. Cold puddings should be thoroughly chilled before they are served, and should be turned out of their moulds into cold bowls or plates. Put the dishes, on which the cold puddings are to be served, in the refrigerator about two hours before they are to be used. Nothing so quickly spoils a cold dessert as a warm plate. Keeping the plates cool should not entail a great deal of work.

If the pudding sticks to the pan in which it is chilled, put a hot, wet cloth on the pan for a brief time and it will become loosened. Do not try to pry a pudding out of its mould. That makes it ragged and unattractive. Wet the moulds in cold water before pouring the pudding in and then try easing it out by applying the hot cloth.

When a sauce is used it should be as carefully prepared for pudding as for any other dish. The sauce, too, should be chilled; and as it is poured over the dessert, it should be done carefully to avoid unsightly drips on the plate. The sauce should be poured over the pudding and allowed to run down by itself. The sauce should be one of contrasting flavor and color whenever possible. Puddings should not only be good to eat, they should be good to look at as well.

## COLD PUDDINGS

### Allegretti Apples

4 red apples	1 teaspoon vanilla
2 egg whites	Salt
1 cup powdered sugar	2 squares bitter chocolate

Wash and core apples and place in glass baking dish; half cover with cold water. Bake slowly, and when cool, cover with the following frosting: Beat the whites of eggs very stiff; add sugar, vanilla and a few grains of salt. Beat until very smooth. Pour over apples and after it is almost hard, pour melted bitter chocolate over it to make a coating.

### Apple Whip

Bake four or five apples, and press them through a sieve. Sweeten the pulp: the amount of sugar depends upon the tartness of the apples. Fold in the beaten whites of two eggs. Serve with whipped cream.

### Baked Honey Custard

5 eggs	4 cups scalded milk
$\frac{1}{2}$ cup honey	$\frac{1}{2}$ teaspoon powdered cinnamon
$\frac{1}{4}$ teaspoon salt	

Beat the eggs sufficiently to unite the yolks and whites, but not enough to make them foamy. Add the other ingredients and bake in cups or in a large pan in a moderate oven. The baking dishes should be set in water.

### Currant Pudding

2 quarts currants	1 lemon
1 quart raspberries	1 cup tapioca
Sugar	

Cook the fruit and lemon juice in just enough water to cover and strain after twenty-five minutes. Add sugar to taste and the tapioca and cook until clear. Pour into individual moulds and set on ice to chill. Turn out in sauce dishes and serve with thin custard sauce.

### Caramelized Rice and Apple Pudding

1 cup sugar	1 cup rice
3 cups boiling water	5 cooking apples

Caramelize sugar in an agate saucepan. Add boiling water and simmer, stirring frequently until smooth; then add the thoroughly washed rice. Boil for five minutes and turn into a pudding dish with the sliced, pared apples. Place in a hot oven and stir down frequently until the rice is soft. Bake five minutes longer. Serve cold with cream.

### Fairy Pudding

1 glass jelly ½ cup hot water  
1½ tablespoons minute tapioca

Dissolve currant, grape or quince jelly with the hot water; add tapioca. Cook over hot water until tapioca is transparent. Sweeten to taste with a little sugar. Serve very cold with sweetened whipped cream.

### Fruit Whip

Beat thick cream until it is stiff; gradually add pineapple which has been cut fine and drained. Any fresh fruit crushed or strained canned fruit may be used in cream whip, adding sweetening if necessary, depending upon the acidity of the fruit.

### Floating Island

3 eggs 4 tablespoons granulated sugar  
3 tablespoons powdered sugar ¼ teaspoon salt  
1 pint milk ½ teaspoon vanilla

Separate white and yolk of eggs. Beat yolks slightly, add granulated sugar, salt and milk. Put mixture in a double boiler and stir constantly while cooking until slightly thick or creamy. Cool in a basin of cold water and add vanilla. Beat the whites of the eggs stiff and gradually add powdered sugar. Pile the whites on the custard and serve cold.

### Gooseberry Whip

1 quart ripe gooseberries . 2 eggs  
1 cup water 1 cup sugar  
1 tablespoon butter 1 tablespoon powdered sugar  
12 lady fingers

Top and stem ripe gooseberries and stew them until tender; press through a colander to remove skins and beat in butter and sugar, beaten with the yolks of the eggs. Allow the fruit mixture to cool and fold in the stiffly whipped egg whites beaten with powdered sugar. Turn this in a glass dish that has been lined with lady fingers. Garnish the top with a mound of sweetened cream, flavored with a little vanilla or lemon.

**Lemon Pudding**

1½ cups water	3 tablespoons cornstarch
½ cup sugar	3 egg whites
½ teaspoon salt	½ cup lemon juice and grated rind

Mix sugar, salt and water and bring to boiling point. Mix the cornstarch in a little cold water, stir into the boiling syrup and cook ten minutes. Beat the egg whites to a dry froth and pour the boiling mixture over them; return to the fire one minute to set the egg, adding the lemon juice; turn into a mould that has been wet in cold water and set on ice. Serve with strawberries or other fruit piled high in the center or pour a soft custard around as a sauce.

**Lemon Bread Pudding**

1 cup bread crumbs	2 eggs
½ cup sugar	2 cups milk
1 lemon	

Soak bread crumbs one hour in the milk. The bread must be just right, second day old bread is best, not dry nor broken in pieces, nor grated, but moist enough to be crumbled. Add more sugar if liked, the grated rind of lemon and the beaten yolks of eggs. Bake slowly about one-half hour. Cool and place on ice. This may be made the day before using. Before serving, beat the egg whites until stiff, add the juice of one-half lemon, and a little sugar. Place the meringue on the pudding and brown in the oven. Then cool quickly and set on ice. It adds to flavor if very cold.

**Maple Sugar Tapioca Pudding**

1 cup tapioca	½ cup candied cherries
1 cup maple sugar	1 cup milk

Soak tapioca over night in cold water. In the morning put half of it in a baking dish, sprinkling it with finely powdered maple sugar, then on this a layer of candied cherries. Now pour in the rest of the tapioca, adding sugar and cherries, as before. Use sufficient milk to cover the pudding, and bake an hour in a moderate oven. Serve very cold.

**Norwegian Prune Pudding**

½ lb. prunes	1 inch piece stick cinnamon
2 cups cold water	1½ cups boiling water
1-cup sugar	½ cup cornstarch
1 tablespoon lemon juice	

Pick over and wash prunes, then soak one hour in cold water and boil until soft. Remove stones, obtain meat from stones and add to



prunes; then add sugar, cinnamon and boiling water and simmer ten minutes. Dilute cornstarch with enough cold water to pour easily, add to prune mixture and cook five minutes. Remove cinnamon, mould, then chill and serve with a soft custard or cream.

### Rice Fruit Pudding

2 tablespoons gelatine	3 large pieces preserved ginger,
2 figs	chopped
$\frac{1}{2}$ cup rice	2 tablespoons orange juice
4 dates	2 tablespoons lemon juice
2 cups cream	$\frac{3}{4}$ cup powdered sugar

Cover gelatine with cup cold water and let soak for one-half hour. Boil rice in six cups water for twenty-five minutes and then drain. Cut figs, dates and ginger in very small pieces, and mix with lemon and orange juice. Add tablespoon ginger syrup. Let mixture stand one-half hour to blend. Whip cream very stiff, dissolve gelatine over hot water, and add it and the sugar to the whipped cream. Stir in fruit and rice, and stir until it begins to thicken. Turn into individual moulds, which have been wet with cold water. Set in cool place, and when ready to use, turn out in sauce dishes, and serve with spoonful ginger syrup poured over each mould.

### Rice with Apple Compote

$3\frac{1}{2}$ cups sugar	6 apples
$2\frac{1}{2}$ cups water	4 slices lemon
2 cups cooked rice	

Cook sugar and water together ten minutes. Pare, core and cut apples in thick, round slices. Add lemon slices to syrup and cook apples, a few slices at a time, until all are cooked. Arrange rice in bottom of serving dish. Arrange slices of apples overlapping each other on top of rice. Boil the syrup until thick and pour over apples. Cool and serve. Pears, peaches or oranges may be substituted for apples.

### Rennet Custard

1 quart milk	1 teaspoon vanilla
4 tablespoons sugar	1 rennet tablet

Heat milk in double boiler until luke warm, or the same as body temperature. Dissolve rennet tablet in one tablespoon lukewarm water. Add this with the sugar and vanilla to the milk. Stir thoroughly and pour into cups and let stand in warm room until firm. Then set away to chill.

### Steamed Pumpkin Custard

1 cup pumpkin	$\frac{1}{4}$ teaspoon nutmeg
$1\frac{1}{2}$ cups milk	$\frac{1}{4}$ teaspoon allspice
1 teaspoon cinnamon	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ teaspoon salt	3 eggs

Heat pumpkin, milk and spices in double boiler. Add sugar to beaten egg and add to heated mixture. Pour into greased custard cups, set in a pan of water, and bake in a slow oven until firm.

### Strawberry Sponge

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 1 tablespoon granulated gelatine | 2 egg whites                       |
| 6 tablespoons boiling water      | 4 tablespoons cold water           |
| $\frac{1}{2}$ cup hot water      | $1\frac{1}{2}$ cups strawberry jam |
| 2 tablespoons lemon juice        |                                    |

Soften the gelatine in cold water, adding the boiling water, cook over hot water until the gelatine is dissolved. Dilute strawberry jam in one-half cup of hot water, and add to the gelatine. Cool, and set in a pan of ice water, add the lemon juice, and beat with an egg beater. When it begins to stiffen, fold in the stiffly whipped whites of the eggs and beat again. Pour into a mould rinsed with cold water. Chill on the ice. Serve with a custard sauce made from the egg yolks.

### Green Gage Meringue in Halves Cantaloupes

- |                                   |                        |
|-----------------------------------|------------------------|
| 12 ripe green gages               | Cantaloupes            |
| 1 large tablespoon powdered sugar | 2 egg whites           |
| 1 cup cream                       | Pinch of salt          |
|                                   | A little grated nutmeg |

Peel and remove the pits from the green gages, and mash the fruit, adding the powdered sugar. Allow them to stand on ice until thoroughly chilled, and after draining, fold in the stiffly whipped whites of eggs. Add salt, nutmeg, and a small cup of cream beaten solid. Heap the Meringue in small mounds in one-half cantaloupes that have been on ice at least twenty-four hours, and serve immediately, ornamenting each portion with a few crystallized cherries.

### Charlotte Russe No. 1

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 2 cups cream                     | 1 speck salt                     |
| $\frac{1}{2}$ cup powdered sugar | $\frac{1}{2}$ dozen lady fingers |
| 1 teaspoon vanilla               |                                  |

Mix the cream, vanilla and sugar. Set into ice water, and when chilled, whip to a thick froth. Drain and put into a dish that has been lined with the cake. Keep on ice until wanted. Serve in same dish.

### Charlotte Russe No. 2

- |                            |              |
|----------------------------|--------------|
| $\frac{1}{2}$ box gelatine | 1 cup sugar  |
| 1 cup water                | Pinch salt   |
| 1 cup milk                 | Vanilla      |
| 1 egg                      | 1 pint cream |

Soak gelatine in water, dissolve slowly, putting over tea kettle to heat. In another dish put sugar, well-beaten egg, milk and salt, and

cook like custard. When done, add gelatine, flavor with vanilla and let get cold. Then stir in a pint of whipped cream and pour over any stale cake; or better still, line a mould or glasses with sponge cake and fill with mixture. A meringue made of egg whites placed on top makes the charlotte russe look more attractive.

### Chestnut Cream

Chestnuts  
Orange juice

Sugar  
Whipped cream

Boil, shell and blanch the chestnuts and pound them, moistening from time to time with orange juice. To each pint of chestnut puree add four tablespoons whipped cream and one tablespoon sugar. Place in sherbet cups and garnish with a split chestnut.

### Coffee Jelly

2 tablespoons gelatine  
 $\frac{1}{2}$  cup cold water

$\frac{1}{2}$  cup boiling water  
 $\frac{1}{4}$  cup sugar

1 $\frac{3}{4}$  cups boiled coffee

Soak the gelatine in cold water for fifteen minutes. Add boiling water and hot coffee and stir until the gelatine is completely dissolved. Add sugar. Set in cold place to become firm.

### Meringues

Beat the whites of six eggs until stiff and dry, that is, until the bowl containing the whites can be turned upside down without losing any of the egg. Add gradually, while continuing to beat, one and one-half cups of powdered sugar and beat until the mixture will hold its shape. Drop from spoon on cookie sheet or paper. Place on the grate in a very slow oven and bake forty or forty-five minutes, leaving the oven open during the last ten minutes. The meringues should be but slightly colored and firm to the touch. Remove from oven, scoop out soft insides and return shells to oven to dry out.

## HOT PUDDINGS

### Cheese Pudding

$\frac{1}{2}$  cup pearl tapioca  
1 cup water  
1 cup milk  
4 tablespoons grated cheese

2 eggs  
1 tablespoon butter  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon mustard

Soak tapioca in water for one hour or longer. Add milk. Bring mixture to boiling point and cook it over water until it is soft—about thirty minutes. Add cheese, beaten yolks of eggs and seasonings. Beat whites of eggs until they are stiff, and fold them lightly into the

cheese mixture. Turn it into greased baking dish, set dish in pan of hot water, and bake it in a moderate oven until it is brown, about thirty minutes.

### Date and Nut Pudding

1 lb. English walnuts shelled	Whites of 5 eggs
1½ cups powdered sugar	3 teaspoons baking powder
9 oz. dates mixed with sugar	

Break walnuts fine and cut dates in fine pieces, add sugar and beaten whites of eggs last. Bake in moderate oven twenty to thirty minutes. Serve with whipped cream.

### Fig and Date Pudding

1 cup suet chopped	3 eggs
½ lb. figs chopped	1 cup sugar
½ lb. dates chopped	2 cups milk
1 teaspoon salt	2 cups bread crumbs

Chop fruit and suet together. Add eggs and sugar. Beat mixture well and add bread crumbs. Stir in milk and turn into buttered mould. Steam three hours, and serve hot with a thin lemon sauce.

### Canned Cherry Pudding

1 can cherries	2½ cups sifted flour
1 cup milk	2 eggs
1 tablespoon sugar	2½ teaspoons baking powder
1 tablespoon melted butter	½ teaspoon salt

Beat all ingredients together except cherries. Drain cherries and add to batter. Turn into buttered mould and steam two hours. When ready to serve make a sauce of the cherry juice, thickened with corn-starch, and sweetened with sugar. Teaspoon of rum extract may be added to give extra flavor.

### Carrot Pudding

1½ cups flour	1 cup seedless raisins
1 cup chopped suet	1 oz. citron peel shaved thin
½ teaspoon salt	1 cup brown sugar
1 teaspoon baking powder	1 cup grated raw carrot
1 cup grated raw potato	

Mix dry ingredients and add last three. Steam two and one-half hours.

### Cheese Pudding

1 cup cottage cheese	¼ cup sultana raisins
½ cup sugar	¼ teaspoon cinnamon
2 eggs	Dash ginger and nutmeg
1 cup milk	½ teaspoon cloves
½ teaspoon salt	2 cups bread cubed

Line bottom of baking dish with bread. Stale cake may be used. Make a custard by creaming cheese with sugar, egg yolks and milk.

Add spices and salt, and pour over bread cubes in dish. Bake in moderate oven until set. Make a meringue of the two egg whites, beaten until stiff. Reserve some of the sugar for the meringue. Then return it to the oven and bake until the meringue begins to brown.

### Brown Betty

1 cup bread crumbs	$\frac{1}{4}$ cup chopped preserved ginger
$\frac{1}{2}$ cup sugar	1 cup chopped seeded raisins
2 cups chopped sour apples	2 tablespoons butter

Butter bottom and sides of deep baking dish, and put in thin layer bread crumbs. Cover with mixture of chopped apple, raisins and ginger; sprinkle with sugar and dot with butter. Repeat this until all bread crumbs and filling are used up, reserving bread crumbs for top layer. Dot over with butter, cover baking dish closely and bake in moderate oven for forty-five minutes. Serve hot with hard sauce.

### Apple Brown Betty

5 medium size apples	$1\frac{1}{2}$ tablespoons lemon juice
4 tablespoons fat	5 tablespoons dark corn syrup
$1\frac{1}{4}$ cups bread crumbs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup hot water	$\frac{1}{2}$ teaspoon cinnamon

Pare and cut apples into thin slices. Mix bread crumbs with melted fat. Mix together hot water, lemon juice, syrup, salt and cinnamon. Into greased baking dish put alternate layers of bread crumbs and apples, pouring part of liquid over each layer apples. Bake in moderate oven about forty-five minutes.

### Bread Pudding

$\frac{1}{2}$ loaf baker's bread	3 tablespoons butter
1 quart hot milk	Dash nutmeg
3 eggs	1 teaspoon almond extract

Salt and sugar to taste

Pour hot milk over bread and let stand until milk is soaked up. Mash fine with fork and add well-beaten egg yolks and flavoring; add sugar to suit individual taste and then add melted butter. Fold in stiffly-beaten egg whites and bake like custard. Serve with raspberry jelly and whipped cream.

### Bread Pudding

1 quart scalded milk	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	2 cups stale bread
2 eggs	Crumbs without crust
$1\frac{1}{2}$ tablespoon lemon juice	

Soak the bread in milk until soft. Add eggs beaten slightly, the salt and sugar, then flavoring. Bake in a buttered dish until a knife inserted in the pudding comes out clean.



### Batter Pudding with Coffee Nut Sauce

2 cups milk	4 eggs
1 cup flour	$\frac{1}{2}$ teaspoon salt

Beat eggs until very light and add milk to them. Sift flour, add salt, and gradually beat liquid into dry ingredients. Continue to beat until very light and smooth and pour into well-buttered mould with watertight cover. Steam pudding for one hour and ten minutes. Turn out gently on warm dish and serve immediately with following sauce:

### Coffee Nut Sauce

2 cups strong coffee	1 tablespoon cornstarch
1 egg	2 tablespoons sugar
1 cup nutmeats chopped	1 cup whipped cream

Mix a scant tablespoon cornstarch to a paste in a little cold water and stir in the heated coffee. Cook, stirring constantly for five minutes and blend in the egg slightly beaten and the sugar. Cook only for a moment after egg is added. Remove from fire and stir in the chopped nutmeats and one scant cup whipped cream. Serve immediately.

### Blueberry Pudding

$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup butter	$\frac{3}{4}$ cup milk
2 cups flour	1 egg
3 teaspoons baking powder	1 pint blueberries

In making, follow directions for cup cake. Stir in floured berries last and either bake or steam in a chimney mould. Serve with creamy sauce.

### Apple Pudding

Tart apples	3 teaspoons baking powder
$\frac{1}{4}$ teaspoon salt	3 teaspoons butter
3 teaspoons cold water	1 egg
$1\frac{1}{2}$ cups pastry flour	$\frac{1}{4}$ cup milk

Butter shallow baking dish; into it slice apples to come to top; add cold water. Make dough, and spread it over the apples. Bake in quick oven for about twenty-five minutes. Invert dish so as to have apples on top. Serve hot with maple syrup.

### Cherry Pudding

2 cups flour	$\frac{1}{4}$ teaspoon salt
4 teaspoons baking powder	2 tablespoons shortening
3 tablespoons sugar	1 egg
$\frac{1}{2}$ cup milk	1 cup canned cherries

Sift together flour, baking powder and salt. Cream shortening and sugar, adding the beaten yolk of the egg, a generous half cup of milk

and cup of drained canned cherries. Fold in the stiffly-beaten egg white, add a half teaspoon of lemon juice and mix well. Bake in a shallow, greased pan.

### Cottage Pudding

$\frac{3}{4}$ cup sugar	3 teaspoons baking powder
3 tablespoons melted butter	1 egg
1 cup milk	$2\frac{1}{2}$ cups flour

Put in the bottom of round pudding dish two cups firm fruit, as sliced apples, peaches, cherries, etc. If very acid, sweeten to taste. Let them heat through and pour over the mixture. Bake thirty-five to forty minutes.

### Christmas Pudding

$1\frac{1}{2}$ lbs. bread crumbs	2 lbs. raisins
2 oz. citron	1 lemon, juice and grated rind
$\frac{1}{2}$ lb. flour	2 lbs. sugar
2 oz. shredded almonds	1 teaspoon salt
2 lbs. suet chopped fine	2 oz. candied lemon peel
2 nutmegs grated	16 eggs
2 lbs. currants	Milk for stiff paste

Mix in the order given and let stand over night. In the morning put into buttered moulds and steam for twelve hours or more. When it is to be used, steam for two hours more. Garnish with a sprig of holly.

### Hot Chocolate Cream

2 tablespoons bitter chocolate	5 tablespoons sugar
2 eggs	1 teaspoon vanilla
$\frac{1}{2}$ cup heavy cream	1 cup oil cinnamon
$\frac{1}{4}$ cup milk	

Cook the sugar and chocolate with four tablespoons of water until it becomes a smooth and shiny paste. Boil hard, but do not scorch. Add the cream, all but one tablespoon and stir; then add one-fourth cup milk. Stir until it boils. Add one tablespoon cream to the egg yolks and beat thoroughly; stir this into the chocolate mixture and as soon as it thickens add the well beaten egg whites. Fold in the egg whites very gently. Cover and leave in a pan of hot water for ten minutes to become light and spongy. Serve with cream

### John's Delight

2 cups bread crumbs	$\frac{1}{2}$ oz. citron peel shaved thin
$\frac{1}{2}$ cup chopped suet	1 cup seedless raisins
$\frac{1}{2}$ teaspoon salt	1 tablespoon brown sugar
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{2}$ cup corn syrup
$\frac{1}{2}$ teaspoon cloves	1 egg well beaten
1 cup water with $\frac{1}{2}$ teaspoon soda dissolved	

Mix dry ingredients. Add last three ingredients and steam two and one-half hours.

**Indian Pumpkin Pudding**

$\frac{1}{2}$ cup corn meal	$\frac{1}{2}$ teaspoon salt
2 cups milk	$\frac{1}{2}$ teaspoon ginger
1 cup pumpkin	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{2}$ cup molasses
1 cup seedless raisins	

Cook the corn meal and milk together in a double boiler for twenty minutes. Add all the other ingredients except the raisins. Pour into a greased baking dish and bake slowly for half an hour; add the raisins, stir until thoroughly mixed and bake for half an hour longer, or until the pudding is firm. Serve hot or cold, with cream.

**Baked Lemon Dumplings**

Into a pint of sifted flour mix three generous teaspoons of baking powder, a scant half teaspoon of salt, and with the finger tips rub in two tablespoons of any preferred shortening. Wet to a paste with chilled milk and roll out into a thin sheet. Cut in rounds and place in the center of each two tablespoons of the following mixture: Remove the edible pulp from one large lemon and add the grated yellow rind, the juice, three tablespoons of chopped seeded raisins, one tablespoon of melted butter, half a teaspoon each of ground cinnamon and grated nutmeg and half a cup of sugar. Mold the paste around the filling in dumpling form, set them in a well greased pan, sprinkle with sugar and bake in a very hot oven until crisp and brown. Serve with a liquid sauce.

**Moulded Corn Meal and Dates**

1 cup corn meal	$\frac{1}{2}$ cup chopped dates
4 cups water	1 teaspoon salt

Have water boiling; add salt. Add corn meal slowly. Cook over direct flame until thick; then cook over hot water for a few hours. When cool, add dates. Mould and serve with milk and sugar.

**Maple Tapioca Pudding**

Soak one cup tapioca in cold water or milk to cover, then cook in a double boiler until clear. Add the well beaten yolks of two eggs, one-fourth teaspoon of salt, one tablespoon of butter, one-third cup of powdered maple sugar, and one cup of milk. Mix all thoroughly, then stir in the stiffly beaten whites of the eggs, and bake. If preferred, the whites may be reserved, sweetened, and spread over the baked pudding as a meringue, then lightly browned.

**New England Pudding**

Soak one and one-half cups of cracker crumbs in five cups of milk. Add one cup of sugar, one-half cup of molasses, one-fourth cup of

butter, one-half teaspoon of salt, one teaspoon of cinnamon, and six slightly beaten eggs. Turn into a buttered pudding dish, add one cup of seeded, washed raisins, and bake slowly for four hours. Stir the pudding several times during the first hour of baking.

### Noodle Pudding

$\frac{1}{2}$ lb. broad noodles	1 tablespoon seedless raisins
2 eggs	1 tablespoon dried currants
$\frac{3}{4}$ cup granulated sugar	1 tablespoon citron cut small
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup melted fat

Vanilla

Boil the noodles in salted water for ten minutes, then strain off the water, and pour *cold* water over the noodles (this keeps them from sticking together). Beat the eggs until light, add milk, sugar, raisins, currants and a little vanilla (almond flavoring may be used, if preferred) and then noodles; mix all well together. Put all of this mixture into the pudding dish, which has been heating in the oven with the fat. Bake one hour in a moderate oven.

### Orange Souffle

Beat the yolks of three eggs until lemon colored and very thick. Add three tablespoons of powdered sugar, the rind (grated) of half an orange, half cup of grated cake crumbs that have been soaked in the strained juice of one orange, half a tablespoon of lemon juice and a fourth teaspoon of salt. Mix the ingredients thoroughly and fold in the stiffly beaten egg whites and one and a half tablespoons of currants. Pour into a buttered souffle dish and bake for twenty-five minutes in a moderate oven. Serve with sweetened whipped cream.

### Oatmeal Pudding

2 cups oatmeal mush	$\frac{1}{2}$ cup raisins
4 apples cut up small	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ teaspoon cinnamon	

Mix and bake one-half hour. Serve hot.

### Poor Man's Rice Pudding

1 cup rice	1 quart milk
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon cinnamon	

Pick over and wash the rice; mix all the ingredients and bake very slowly for three or four hours in a well buttered pudding dish. Keep covered until the last fifteen minutes, when the pudding may be browned on top. Stir twice the first hour of cooking. It should be creamy and not dry when done. Grated orange peel may be substituted for cinnamon.

**Pumpkin Bread Pudding**

2 cups stale bread crumbs	$\frac{1}{2}$ teaspoon cinnamon
3 cups milk	$\frac{1}{4}$ teaspoon ginger
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup pumpkin	1 teaspoon grated lemon rind
2 eggs	

Cook the crumbs, milk, sugar and pumpkin for half an hour. Cool slightly; add the spices, salt, lemon rind and beaten eggs. Pour into greased baking dish and bake in a moderate oven for forty-five minutes. Serve hot with hard sauce.

**Peach Pudding**

6 large peaches	$\frac{3}{4}$ cup milk
1 pint flour	Hardened vegetable fat
$\frac{1}{2}$ teaspoon salt	4 tablespoons baking powder

Pare the peaches, remove stones, and slice. Sift together the flour, baking powder, and salt; cut in fat. Add milk, making soft dough. Pour into greased baking pan. Cover the dough with slices of peaches. Sprinkle with sugar. Bake in a hot oven for 25 to 30 minutes. Serve with sweetened fruit sauce.

**Rice Croquettes**

1 cup hot boiled rice	$\frac{1}{4}$ teaspoon salt
1 teaspoon sugar	1 egg
1 teaspoon butter	2 tablespoons milk

Beat the ingredients together to the consistency of a firm paste. Shape into oval balls and dip in bread crumbs, beaten egg, and again in bread crumbs. Fry in deep fat until browned, drain on soft paper. These are good with a candied cherry pushed into the center before frying. Serve with maple sauce.

**Rice Pudding**

2 cups boiled rice	2 cups milk
1 egg	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup raisins	Speck nutmeg

Beat egg, add sugar and milk and stir in rice. Sprinkle raisins in and grate nutmeg on top. Poach in medium oven until a knife thrust in comes out clean.

**Spiced Pudding**

1 cup browned crusts of bread	$\frac{1}{2}$ teaspoon salt
2 cups scalded milk	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ cup molasses	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{2}$ cup raisins	$\frac{1}{4}$ teaspoon cloves



Soak the crusts in the milk until soft. Add molasses, salt, spices, and raisins. Bake in a moderate oven, stirring occasionally at first. Serve with milk or cream.

### Steamed Coffee Pudding

Thickly grease a pudding mould with butter and sprinkle the bottom and sides with chopped nut meats, currants and pieces of shredded citron. Fill the mould loosely with pieces of stale cake, sprinkling more nuts and fruits through it. Make a raw coffee custard from two lightly beaten eggs, a pinch of salt, two tablespoons of sugar, one and a half cups of milk and one-half cup of strong strained coffee. Pour this slowly over the cake, taking care that the cake absorbs most of it. Cover and steam for one hour and a quarter.

### Suet Pudding

1 cup suet chopped fine	1 cup currants
1 cup sweet milk	$\frac{1}{4}$ cup each citron, lemon and orange peel
2 cups seeded raisins	1 teaspoon each soda, cinnamon, clove, nutmeg
1 cup molasses	
2 cups flour	

Mix the ingredients and steam for two hours. Serve with hard or liquid sauce.

### Souffle Apples

5 tart apples	3 eggs
2 tablespoons melted butter	Rind and juice of one lemon
$\frac{1}{2}$ cup sugar	Dash of nutmeg

Pare and grate the apples, add the butter, sugar and lemon juice and rind, then the eggs beaten until stiff. Pour the mixture into a buttered dish, grate a little nutmeg on top and bake thirty minutes, in a moderate oven. Serve hot with hard sauce.

### Whole Wheat Pudding

2 cups whole wheat meal	1 cup milk
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ teaspoon salt	1 cup stoned dates

Sift soda and salt with the meal, add dates until they are thoroughly floured; add milk and molasses. This will make a soft batter, but the dry flour absorbs a great deal of the moisture. Steam three hours in a closed mould. Serve with any plain pudding sauce or whipped cream.

## CHAPTER XVIII

### SAUCES

**A** GOOD sauce either makes or mars the dish for which it is intended. Sauces are more or less in ill repute with large groups of people because they have been poorly prepared. Cooks often get into a rut in the matter of sauces, and the result is either white or brown sauces for each dish; and often even these sauces are poorly made. A little flour, fat and milk isn't all that is required to make a white sauce. The ingredients must be well blended and the whole cooked just right, not too much or too little cooking, of flavoring and seasoning. These two sauces, if well made, are very good, but they are by no means the only good sauces and should not be resorted to too frequently.

In large numbers of sauces, tomato is the foundation, with the addition of fish, meat, vegetables and spices. There are many sauces which call for stock as the foundation liquid. Wherever possible, when the recipe calls for stock for the foundation, it should be used, but in an emergency, a liquor made by cooking fried onion in hot water highly seasoned, is very satisfactory. The onions should be strained out before the stock is used.

Garlic, that much maligned plant, is one of the ingredients frequently used for the tasty sauces that are liked so well. If properly used it is not offensive. If used in small quantities and thoroughly cooked, it gives an indescribable flavor which is never disagreeable. In salad dressing and cold meat sauces it is used uncooked, and if used with discretion it gives a pleasant flavor without an offensive taste.

Fresh and dried dill is one of the little known spices. It is very inexpensive and only a little of it will give a pronounced foreign flavor to a sauce or dressing. If bought fresh it can be used that way and the balance dried and kept all year. It does not lose its aroma in the drying. Anchovies and mushrooms, too, have been used for many years by many people and might well be incorporated into the sauces we use. Both anchovies and mushrooms sound extravagant, but it takes so very little to flavor a sauce that the cost is not prohibitive. Where anchovies are used, the recipes usually call for a very few, and the weight of four or five anchovies makes them an inexpensive source of flavor for a large quantity of sauce. Dried mushrooms

weigh very little and an ounce kept on hand should be enough to flavor sauces for an average family for more than a month.

Even though the ingredients called for in sauce recipes are expensive, it is not an extravagance to use them. A very piquant sauce makes a simple rice or other cereal dish a main dish for a meal. Cold boiled beef, which is usually a "drug on the household market," will be welcomed if accompanied by a well blended cold sauce. The sauce should be so well made, that no one ingredient will stand out. If the cheaper cuts of meat and the flour pastes can be made acceptable by the addition of a well made sauce, it is true economy to use what seem expensive ingredients.

Simple puddings become attractive desserts if served with sauces that are just right. Hot sauces should be boiling hot and cold sauces should be served directly out of the refrigerator. There are few dishes less appetizing than a poorly prepared sauce which is neither hot nor cold.

### Brown Sauce

1½ tablespoons butter	½ slice onion
2 tablespoons flour	¼ teaspoon salt
2 cups stock	Few grains pepper

Brown the onion in butter; remove onion and stir butter until well browned. Add flour with seasonings and brown, then add stock gradually. Cook until smooth.

### Black Butter

¼ cup butter	½ teaspoon vinegar
6 parsley leaves	

Cook butter in frying pan until it becomes brown, add parsley leaves, and heat about one minute, then add vinegar. Pour into bowl and serve.

### Bread Sauce

½ cup stale bread crumbs	6 whole peppers
½ cup cold milk	½ teaspoon salt
½ teaspoon onion juice	½ cup cream

Cook milk with fine bread crumbs, onion and whole peppers. Let simmer for five minutes, then pour in the cream, cook for five minutes longer, add seasonings, remove peppers, and serve with brown buttered bread crumbs sprinkled on top. To be served with roast fowl or game.

### Bearnaise

3 tablespoons butter	1 teaspoon meat glaze
6 raw egg yolks	5 peppers
2 shallots	½ teaspoon salt
2 tablespoons vinegar	Few gratings nutmeg
12 tarragon leaves chopped fine	

Chop the shallots, cook in vinegar with the crushed peppers; reduce liquid until nearly dry. Rub into it the egg yolks, beating sharply; then work into it gradually the butter, seasonings, and tarragon leaves. Cook over boiling water, beat briskly; add the meat glaze, strain and serve at once.

### Baked Bananas (Sauce for Six)

2 tablespoons melted butter	2 tablespoons lemon juice
$\frac{1}{2}$ cup sugar	

Pour over bananas one-half the sauce. Bake twenty minutes in a slow oven, baste with remainder of sauce.

### Bechamel Sauce

2 tablespoons butter	$\frac{1}{2}$ cup cream
2 tablespoons flour	$\frac{1}{4}$ teaspoon salt
$\frac{2}{3}$ cup white stock	Few grains pepper

In making, follow the directions given in White Sauce No. 1, with the exception of the cream, which is added at the last.

### Yellow Bechamel

To Bechamel add three egg yolks slightly beaten and mixed with half cup of cream; heat in a double boiler until thoroughly blended.

### Caper Sauce

$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ cups mutton broth
3 tablespoons flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup capers	Few grains cayenne

Melt butter, add flour mixed with seasonings; cook smooth, add broth (one-third at a time). Cook together, stirring constantly. When done, add the capers well drained from their liquor.

### Cucumber Sauce

2 cucumbers	4 onions
1 pint gravy	Salt
	Cayenne

Peel cucumbers, cut in four, lengthwise. If overgrown, trim out seeds and cut in slices. There should be one pint of cucumber and one pint of sliced onion. Blanch, add salt and cayenne to taste. Drain and simmer until tender in good gravy, and pour over broiled steak when ready to serve, or pour raw vegetables over pan broiled steak as soon as browned and simmered.

### Molasses Sauce

1 cup molasses	$1\frac{1}{2}$ tablespoons lemon juice
2 tablespoons butter	

Boil molasses and butter five minutes; add lemon juice immediately upon removing from the fire.

**Cumberland Sauce**

(Served cold with cold game or fowl)

2 shallots	Cayenne
1 lemon	1 orange
6 tablespoons jelly	$\frac{1}{2}$ cup water

Ginger

Chop shallots (or small onions) very fine. Put them into a sauce pan with the finely sliced rinds of the orange and lemon, add one-half cup water and simmer gently until the rinds are very soft. Strain off the water and put shallots and rind in a bowl, add tart jelly (red currant is best), a dash of ginger and cayenne, and the juice of the orange and lemon. Mix thoroughly and serve cold with game or fowl.

**Creamy Sauce**

$\frac{1}{4}$ cup butter	1 egg
2 cups powdered sugar	$\frac{1}{2}$ cup thick cream
1 teaspoon vanilla	

Cream the butter, add the sugar; cream together, add the cream, the egg well beaten, and flavoring. If it should separate, set it over hot water and stir until smooth. Serve cold.

**Cream Sauce**

Proportions and method for making are the same as in the White Sauces; substitute cream for milk.

**Egg Sauce (For Hot Vegetables)**

1 egg yolk	$\frac{1}{4}$ lemon
1 teaspoon flour	$\frac{1}{2}$ cup water

Beat egg yolk in a sauce pan, and add to it juice of one-fourth lemon and flour. When smooth, add three-fourths cup cold water and cook over hot water until it thickens. Pour this sauce over the hot strained vegetable and let it remain just long enough for the vegetable to absorb the sauce flavor, but not long enough for the sauce to curdle.

**Horse-radish Sauce**

4 tablespoons horse-radish	$\frac{1}{2}$ cup cream
$\frac{1}{2}$ saltspoon pepper	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon sugar	$\frac{1}{2}$ teaspoon prepared mustard
1 tablespoon vinegar	

Mix well together the freshly grated horse-radish and other ingredients, adding last the cream, whipped very stiff.

**Indian Cold Meat Sauce**

2 teaspoons prepared mustard	2 tablespoons finely grated horse-
1 teaspoon brown sugar	radish
Vinegar	



Mix and blend thoroughly, adding enough vinegar to make the whole the consistency of prepared mustard. This sauce can be used for either fish or meat.

### Native Tomato Sauce

2 tablespoons butter	1 slice onion
2½ tablespoons flour	2 cloves
½ cup water	½ teaspoon salt
1 cup strained tomato juice	½ teaspoon pepper

Boil together water, tomato and onion; brown the butter, add the flour and brown together; add the hot liquid gradually. Boil three minutes and strain.

### Ravigote Sauce (Hot)

1 cup consomme	½ clove garlic
½ teaspoon vinegar	2 tarragon leaves
2 tablespoons flour	2 chervil leaves
1 tablespoon butter	½ teaspoon salt
	½ teaspoon pepper

Cook the herbs, chopped fine, with the vinegar and consomme for ten minutes and drain through a cloth. Melt the butter, add the flour, mixed with seasonings, cook together; add the consomme, a little at a time. When it becomes smooth, add the chopped herbs.

### Sauce Prague

1 cup fresh bread crumbs	4 tablespoons grated horse-radish
½ cup beef broth	4 tablespoons butter
	¼ teaspoon salt

Add the bread crumbs and seasoning to the beef broth, cook for ten minutes, stirring occasionally. Rub through a puree strainer. Add the horse-radish and butter, a little at a time, mix well but do not boil. Serve with beef steak or cold boiled beef or roast veal.

### Indian Curry

1 oz. raw lean ham	1 pint Veloute Sauce
2 tablespoons butter	2 tablespoons lemon juice
1 teaspoon curry	1 tablespoon minced onion
½ cup cream	1 sprig thyme
2 egg yolks	12 peppercorns

Cook the onion, ham, thyme and peppers with butter until well reduced. Rub the curry into the Veloute Sauce and combine with the butter mixture, boil ten minutes and strain. Dilute the egg yolks with the cream and combine with the sauce. Cook over hot water until it begins to thicken, then add the lemon and serve.

**Lester's Sauce**

1 cup Spanish sauce	$\frac{1}{2}$ onion sliced
1 teaspoon mustard	1 tablespoon butter
4 tablespoons white vinegar	1 teaspoon sugar

Cook the onion and sugar with the butter until a golden color, add the Spanish sauce and simmer ten minutes, then add the mustard rubbed smooth with the vinegar, stir until it comes to a boil, strain and serve.

**Lobster**

1 small lobster	$\frac{1}{2}$ teaspoon cayenne
4 tablespoons butter	2 tablespoons lemon juice
2 tablespoons flour	1 pint boiling water

Cut the meat into dice, pound the coral with one tablespoon of butter; cook together the flour mixed with seasonings and the remainder of the butter; add the water slowly and the pounded coral, and simmer five minutes. Strain over the lobster meat, boil up once and serve.

**Mint Sauce**

4 tablespoons minced mint leaves	$\frac{1}{2}$ teaspoon salt
1 tablespoon sugar	6 tablespoons vinegar

Place mint in small covered bowl or cup and cover with sugar; let it stand one hour. Add salt to hot vinegar and pour over the mint; let this infuse for ten minutes before serving.

**Mustard Sauce**

2 teaspoons mustard	1 teaspoon soft butter
1 teaspoon flour	1 teaspoon sugar
1 teaspoon salt	1 tablespoon vinegar
$\frac{1}{2}$ cup boiling water	

Mix in the order given, in a granite saucepan, add water and cook until it thickens and is smooth.

**Chôcolate Sauce**

2 squares chocolate	2 eggs
4 tablespoons sugar	3 tablespoons hot water
2 cups milk	$\frac{3}{4}$ cup powdered sugar
1 $\frac{3}{4}$ tablespoons cornstarch	Vanilla

Cook cornstarch with milk in double boiler. Add melted chocolate, granulated sugar and hot water to mixture in double boiler. Add powdered sugar to stiffly beaten egg whites. Combine egg yolks with whites and pour all into first mixture. Cook one minute. Flavor.

**Sauce Neapolitana**

$\frac{1}{2}$ lb. uncooked beef	1 small clove garlic
$\frac{1}{4}$ lb. salt pork	3 sprigs parsley
1 small onion	1 pint fresh or canned tomato
3 dried mushrooms (soaked in warm water)	

Put the pork through the meat chopper and try it out in a frying pan. Next grind the onion and add it to the pork, and let them both cook, being careful not to burn the onion. When the pork begins to brown, add the chopped parsley and the finely shredded garlic. Shred the mushrooms very fine and add them next. Add the meat either ground or cut in very tiny cubes, and when the meat is brown, add the tomatoes and simmer slowly until the sauce is of a thick creamy consistency. It should cook about three-fourths hour after all the ingredients are in. If the sauce shows a tendency to separate or looks curdled, it can be bound with a little flour.

**Sauce Piquant****(Cold Sauce for Meats and Fish)**

2 anchovies	Lemon juice, $\frac{1}{2}$ lemon
3 sprigs parsley	3 tablespoons vinegar
$\frac{1}{4}$ small onion	$\frac{1}{4}$ cup olive oil
1 small clove garlic	Salt and pepper to taste

Wash, skin and bone the anchovies. Chop the parsley and onion very fine. Rub a bowl with the cut side of the clove of garlic and then put the anchovies in, and rub to a paste. Add the parsley and onion and a tablespoon each of the lemon juice and vinegar, the oil and salt and pepper. Cream the whole mixture, adding the lemon juice and vinegar a tablespoon at a time until the whole is well blended. The mixture should be thick and smooth.

**Spanish Sauce**

4 tablespoons butter	1 bay leaf
3 tablespoons flour	6 peppers
2 tablespoons chopped onion	1 clove
Celery } 1 tablespoon chopped	2 sprigs parsley
Carrot } fine	1 teaspoon salt
	1 $\frac{1}{2}$ cups brown stock

Cook vegetables with butter until brown, add the flour mixed with seasonings, combine the stock, one-third at a time, cook together five minutes and strain.

### Tartare Sauce

2 egg yolks	Few grains cayenne
$\frac{1}{2}$ cup olive oil	Capers }
2 tablespoons tarragon vinegar	Pickles { $\frac{1}{2}$ tablespoon each
$\frac{1}{2}$ teaspoon mustard	Olives { chopped
1 teaspoon powdered sugar	Parsley }
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ shallot finely chopped

In making, follow the directions as given for Mayonnaise, adding the pickles, capers, etc., before serving.

### Tomato Sauce

$\frac{1}{4}$ onion	1 sprig parsley
1 clove of garlic	2 tablespoons fat (melted)
1 small stalk of celery	1 teaspoon salt
2 bay leaves	$\frac{1}{2}$ teaspoon black pepper
8 medium sized tomatoes or a No. 2 can	

Chop all the vegetables together and season with the salt and pepper and put in a pan with the oil. Cook for a few minutes, stirring constantly. Add either the fresh tomatoes cut into cubes or the canned tomato. Cook on a slow fire until the juice, condensing, is the consistency of thin custard. Strain through a fine wire strainer or cloth. This sauce can be used either hot or cold on meats, fish, or spaghetti.

### Caramel or Browned Sugar Sauce

Brown one cup of sugar and dissolve in one-half cup of hot water. This makes a nice sauce for waffles or griddle cakes.

### Hard Sauce

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ teaspoon lemon extract
1 cup powdered sugar	$\frac{1}{8}$ teaspoon vanilla

Cream the butter, add sugar gradually, and flavoring. Serve cold.

### Indian Salad Sauce

4 egg yolks	1 teaspoon salt
$\frac{1}{2}$ teaspoon pepper	1 tablespoon brown sugar
3 teaspoons prepared mustard	3 tablespoons vinegar
4 tablespoons oil	1 tablespoon Worcestershire sauce

Mash the yolks of hard cooked eggs and cream with one-half teaspoon pepper, salt and brown sugar. Add the mustard and when well blended, add gradually the oil, mixing thoroughly, then the vinegar and Worcestershire sauce. Put salad greens in a bowl and pour the sauce over, tossing the greens.

**Lemon Sauce**

1 cup sugar	1 tablespoon butter
1 cup boiling water	1½ tablespoons lemon juice
1 tablespoon corn starch	½ teaspoon salt

Mix sugar, salt and corn starch, add water gradually, stir constantly; boil five minutes. Remove from fire, add butter and lemon juice.

**Pudding Sauce for Plum Pudding**

½ cup butter	2 tablespoons wine
1 cup sugar	½ teaspoon vanilla
2 eggs	¼ cup boiling water

Cream butter, add the sugar, beat for fifteen minutes, add the eggs, beat to a froth. Just before sending to the table stir in the hot water, beat to a foam, add vanilla and wine.

**Maple Hard Sauce**

1 tablespoon butter	1 teaspoon thick sweet cream
3 tablespoons powdered maple sugar	

To the butter creamed add the sugar and beat until creamy; then add the cream and beat hard for five minutes. Chill before serving. Maple syrup may be used by boiling it with half its quantity of water until it makes a soft ball when dropped into cold water. Stir until grainy and let it harden, then grate or grind to a powder.

**Maraschino Cherry Sauce**

½ cup maraschino cherries	1 cup sugar
1 tablespoon cornstarch	1 tablespoon butter
1 cup water	Maraschino cherry juice

Dissolve the cornstarch in a small amount of cold water and mix in a cup of hot water and sugar, and cook until thickened. Thickening with cornstarch gives a clear, smooth sauce. Add the butter, maraschino cherries (cut in quarters) and sufficient cherry juice to give the desired color and flavor. Serve hot over plum pudding.

**Apricot Sauce**

1 cup apricot pulp	1 cup whipping cream
	Sugar

Rub apricots through sieve. Add pulp to cream beaten stiff, and sweeten.

**Remolade**

2 hard boiled egg yolks	½ teaspoon white pepper
1 raw egg yolk	1 teaspoon chopped parsley
1 teaspoon mustard	3 tablespoons tarragon vinegar
½ teaspoon salt	1 cup oil



Rub together the cooked egg yolks, the raw egg yolk, seasonings and parsley; add two tablespoons of vinegar, combine the oil slowly, adding more vinegar until all has been used. Beat with Dover beater until very light and thick.

### Sauce Hollandaise

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup boiling water
Yolks of two eggs	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ tablespoon lemon juice	Few grains cayenne

Add yolks of eggs, lemon juice and seasonings to one-third of the butter; place in a saucepan over boiling water and stir constantly until butter is melted. As it thickens add the rest of the butter, a bit at a time, then the water and cook one minute.

### Sauce Milanese

3 tablespoons olive oil	1 stalk dill
4 salted sardines or anchovies	$\frac{1}{4}$ teaspoon black pepper
1 No. 2 can tomatoes	1 clove garlic

Mince the garlic and brown in the oil, add the strained tomato and boil twenty minutes. Add the finely chopped dill and cook for a few minutes, and then the anchovies which have been washed, skinned and boned. Add one-half cup water, and let simmer until the sauce is reduced to about one pint. This sauce should be used hot either on vegetables or cereals.

### Soubise Sauce

2 tablespoons butter	$\frac{1}{2}$ cup cream
2 tablespoons flour	1 cup white stock
2 cups sliced onion	$\frac{1}{4}$ teaspoon salt
	Few grains pepper

Melt butter, add flour and seasonings, cook until smooth; add stock, one-third at a time, stirring constantly, cook all together. Cover onions with boiling water and cook five minutes; drain again, cover with boiling water and cook until tender. Pass through puree strainer and add with cream to the first mixture.

### Soft Custard Sauce

1 pint milk, scalded	2 tablespoons sugar
4 egg yolks	$\frac{1}{2}$ teaspoon salt

Cook over hot water until it will mask the spoon, strain, cool and flavor. This is improved for some dishes by having the sugar browned as for Caramel Sauce.

### Strawberry Sauce No. 1

1 tablespoon butter	1 egg white
$1\frac{1}{2}$ cups powdered sugar	1 pint strawberries

Beat butter to a cream, adding gradually the powdered sugar and egg white. Beat till very light and just before serving, add one pint mashed strawberries.

### Strawberry Sauce No. 2

$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ cups powdered sugar
1 cup strawberries	

Cream butter and sugar. Prepare berries. Add fruit slowly to first mixture, beating well in order that sauce will not be curdled.

### Vinaigrette

1 tablespoon vinegar	1 shallot
4 tablespoons olive oil	2 sprigs parsley
$\frac{1}{4}$ teaspoon pepper	2 chives
$\frac{1}{2}$ teaspoon salt	2 sprigs chervil

Chop the parsley, shallots, chives and chervil; place in a bowl with seasonings and vinegar, stir together, then add the oil slowly. Mix well together and serve.

### Veloute Sauce

2 tablespoons butter	1 cup white stock
2 tablespoons flour	$\frac{1}{2}$ teaspoon salt
Few grains pepper	

In making, follow directions for White Sauce No. 1. A half cup of mushroom liquor may be substituted for half the white stock, and a few gratings of nutmeg may be added.

### White Sauce No. 1

2 tablespoons butter	1 cup milk
$\frac{1}{2}$ tablespoon flour	$\frac{1}{4}$ teaspoon salt
Few grains pepper	

Melt the butter, add the flour mixed with seasonings, and stir until thoroughly blended. Pour on the milk, one-third at a time, stirring until well mixed, and cook until smooth. Milk may be used cold or scalded.

### White Sauce No. 2

2 tablespoons butter	1 cup milk
2 tablespoons flour	$\frac{1}{4}$ teaspoon salt
Few grains pepper	

In making, follow the directions given for White Sauce No. 1.

### White Sauce No. 3

(For Croquettes, Etc.)

$2\frac{1}{2}$ tablespoons butter	1 cup milk
4 tablespoons flour	$\frac{1}{4}$ teaspoon salt
Few grains pepper	

For making, follow directions given for White Sauce No. 1.

**Drawn Butter Sauce**

$\frac{1}{4}$ cup butter	1 cup boiling water
2 tablespoons flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{8}$ teaspoon pepper	

For making, follow directions given for White Sauce No. 1.

## CHAPTER XIX

### FROZEN DESSERTS

**T**HE frozen dessert always lends an air of elegance to the menu. Not the usual ready-made ice cream or ices that are bought from the corner drug store or confectioners, but the kind that is made at home with thought and care.

Where the kitchen is so small that there is no room for ice cream freezing, the ice box should be made to do double duty. It may be used for ice box cakes and other chilled desserts made by either packing in a freezer, or by being chilled in the bottom of the ice box. In most apartment kitchens an ice cream freezer is out of the question, but the frozen pudding is not impossible even in the smallest space.

Where space is so limited that even the packed frozen puddings are an inconvenience, the fruit desserts can be made to take the place of the others, but all the desserts and the dishes in which they are to be served should be thoroughly chilled to give the frozen effect.

Frozen desserts should not be classed with inexpensive sweets, but they can be made comparatively inexpensive by using the less costly brands of fruits; especially if the fruit is to be mashed before it is to be used. There is no reason why the smaller canned fruits cannot be used to make a really good dessert when the whole fruit is not used. The less expensive canned fruits are not necessarily inferior. Very often only the size of the fruit makes the difference in price.

The names of frozen desserts are often forbidding so that they are left to the professional cooks. A Mousse Marron may sound very difficult and impossible to make at home, but when transplanted into chestnut mousse, it sounds more familiar and less difficult to make. The mousse is not the easiest kind of dessert to make successfully, but it isn't more difficult than many of the custard and gelatine desserts that appear in a large number of homes.

A parfait, too, sounds like something not to be attempted at home, but it is one of the simpler desserts and should not prove difficult to those who are used to cooking from the printed recipe. People who have never before consulted a cook book will find the reading irksome, and buy their ice creams around the corner, but the newer house-keeper who has a kitchen library will be glad to know that she can make a very delicious parfait as easily as any other dessert.

Frozen desserts which are not made in the freezer take several hours to freeze through and enough time should be allowed when the pudding is being made. Frozen puddings for the evening meal should be made in the morning. The frozen dessert known as the ice box cake should be made the day before it is to be used.

The ice creams made in the freezer can be made a few hours before they are to be used. Care must be taken in the freezing and packing to insure a good and uniform cream. Ices and creams are treated differently and unless the ice cream maker is sure of the quantities of ice and salt, she should consult the book before beginning. It is easier to start an ice cream freezing properly than it is to remedy it afterward.

For the family use, the most satisfactory size is the gallon freezer. The hole for draining should always be left open. Use rock salt and ice in the proportion of three of ice to one of salt for ice cream. Adjust the can in the freezer, see that the crank turns freely and that the crank is held in place. Pour in the mixture to be frozen. Cover the can, fill the space between the outer tub and the can with alternate layers of ice and salt. The ice should come a little higher than the mixture to be frozen. Never fill the can more than three-quarters full. You must allow for expansion in freezing. Half full is safer for beginners. Turn the crank steadily until the cream is stiff, then remove the dasher, put a clean cloth over the top of the can and cork the hole in the can cover. Drain the water from the freezer and repack. Allow the cream to stand an hour or more. Let the water drain off while the ice cream is packed. When ready to use the cream, remove the cover, lift out the can if all is to be used at that meal, otherwise leave the can in the ice and salt, but be sure that no salt or ice come in contact with the ice cream while it is being served.

To make the water ices and sherbets, use equal parts of ice and salt both in the freezing and packing. This freezes the mixture more quickly and gives the desired granular texture. An ice should be frozen quite solid. When making sherbets, add the fruit when the ice is half frozen. Mix it with a long handled spoon to get it evenly distributed. The punches are not frozen as hard as the ices. They should be in a semi-liquid state when served.

#### Vanilla Ice Cream No. 1

1 quart thin cream	$\frac{3}{4}$ cup sugar
2 teaspoons vanilla	

Mix ingredients and freeze.

#### Vanilla Ice Cream No. 2

3 cups cream	$\frac{3}{4}$ cup sugar
1 cup milk	2 teaspoons vanilla



Whip two cups of cream; to thin part that drains from the whip add one cup cream and one cup milk, sugar, and scald thoroughly. Cool and add flavoring. Freeze till soft mush, then add whipped cream. Turn freezer as fast as possible for five minutes; remove dasher, repack and let stand forty-five minutes before serving.

### Vanilla Ice Cream No. 3

4 cups cream	$\frac{1}{2}$ package gelatine
2 cups milk	$\frac{1}{2}$ teaspoon salt
1 cup sugar	1 tablespoon vanilla

Soak gelatine in little cold milk; scald milk and sugar, pour over gelatine, add salt; strain and cool. Whip cream, add it to milk mixture, add vanilla, and freeze as usual. This packs easily into fancy forms and holds its shape in warm room better than pure cream.

### Cheap Vanilla Ice Cream

2 cups milk	2 teaspoons vanilla
2 cups cream	2 eggs
1 cup sugar	1 teaspoon flour
	$\frac{1}{2}$ teaspoon salt

Scald milk; mix sugar, flour, salt and stir into it; cook twenty minutes, stirring constantly. Pour hot on beaten eggs, strain, add cream and flavoring, and freeze as usual.

### Buttermilk Cream

Make syrup from one-half cup water, three-fourths cup sugar and the grated yellow rind from one-fourth orange. Mix together one-third cup pineapple juice, one-half cup drained shredded pineapple, one-half cup orange juice and one-eighth cup lemon juice. Then blend the syrup with fruit mixture and add slowly one and one-half cups fresh buttermilk and one-half teaspoon salt. Turn into chilled freezer; when it begins to congeal, stir in one-half pint chilled double cream whipped solid. Freeze as usual.

### Burnt Almond Ice Cream

1 cup cream	$\frac{1}{2}$ cup sugar
2 cups milk	1 cup sugar
4 egg yolks	1 cup almonds
	$\frac{1}{2}$ teaspoon almond extract

Scald cream and milk and pour over the egg yolks and the one cup sugar; cook in double boiler till mixture will coat back of spoon. Set aside to cool while almonds are being prepared. Melt remaining one-third cup sugar in a frying pan over gentle heat, and cook till it forms caramel. Blanch and chop almonds finely, add them to caramel, and brown. Cool till hard, then pound finely and add with the extract to custard. Freeze and pack for several hours.

### Chocolate Ice Cream

Scald one quart cream over boiling water. Beat yolks of four eggs. Add two and one-half cups sugar and tablespoon salt. Beat again. Add two squares chocolate, melted. Beat until smooth. Freeze, and when almost done, one cup chopped nuts may be added.

### Coffee Ice Cream

2 cups milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup dry coffee	$\frac{2}{3}$ cup sugar
2 egg yolks	1 cup heavy cream

Put milk, coffee, and one-third cup sugar in top double boiler. When scalded pour over egg yolks mixed with salt and remaining sugar. Return to double boiler; stir and cook until coating is formed on spoon. Remove from fire, let stand until cool, strain through double cheesecloth, add cream, and freeze, using three parts ice and one part salt. Put in baking powder boxes, cover with buttered paper and pack in four parts ice and one part salt until served. When ready to serve, cut in slices, cover with whipped cream and sprinkle with chopped walnut or pecan meats.

### Marshmallow Nut Ice Cream

1 cup sugar	$\frac{1}{4}$ cup water
$\frac{1}{2}$ lb. marshmallows	3 egg whites
1 $\frac{1}{2}$ cups heavy cream	2 ozs. blanched nuts

#### Coloring

Put sugar and water into a saucepan and let boil without stirring until it will spin a thread when dropped from the spoon (230 degrees). Add one-half pound fresh marshmallows cut in halves and when partially melted beat until smooth, using an eggbeater. Pour, while beating constantly, on the stiffly whipped egg whites until cold. Add the cream whipped solid, the nuts pounded to a paste and a little green vegetable coloring matter. Freeze slowly and serve, surrounded with fresh strawberries.

### Nut Cream

Pistachio, almonds, filberts, etc., should be blanched, pounded fine with a little water and simmered in milk till flavor is well extracted. Mixture may be strained for smooth cream, or bits of nuts left in.

### Peach Ice Cream

1 pint milk	1 $\frac{1}{2}$ cups sugar
1 cup heavy cream	2 cups peach pulp
$\frac{1}{2}$ teaspoon almond extract	

Scald the milk and cream, add the sugar and allow the mixture to cool; put in the flavoring and half freeze, then add the peach pulp

and finish freezing. Remove the dasher, pack the cream down and cover closely. Set aside to ripen before serving.

### Philadelphia Ice Cream

1 quart thin cream

1 cup sugar

Flavoring

Scald the cream, without actually boiling it; add the sugar and, when cold, the flavoring. Freeze, turning the dasher steadily, but not too fast. When set, remove the dasher, pack the cream down and put aside to ripen.

### Strawberry Ice

2 boxes strawberries

Juice of 2 lemons

2 cups sugar

1 teaspoon gelatine

2 cups cold water

$\frac{1}{2}$  cup hot water

Soak gelatine in a little of the cold water ten minutes. Add the boiling water, and when dissolved add sugar, remainder of cold water; lemon juice and berries, which have been put through a colander. Freeze.

### Strawberry Ice Cream

3 cups strawberries, hulled

1 cup heavy cream

$1\frac{1}{2}$  cups sugar

Few grains salt

2 cups milk

1 junket tablet

1 tablespoon cold water

Heat milk until lukewarm, add salt and junket tablet dissolved in water and let stand until set. Then add heavy cream which has been beaten stiff, and strawberries mixed with sugar, mashed and rubbed through a sieve or squeezed through cheese cloth. Freeze, using three parts ice and one part salt. One and one-half cups milk and one and one-half cups cream beaten stiff may be used, omitting the junket tablet.

### Baked Alaska

Have ready a quart mould of ice cream, frozen very firm, and a piece of sponge cake, about one inch thick and one inch wider and longer than the mould of cream. Place a piece of paper on a meat or cutting board, upon this set the cake, and unmould the ice cream upon the cake. The cake should come out one-half inch beyond the mould of cream on all sides. With a silver knife spread a meringue over the ice cream and cake to completely cover them. Ornament with a pastry tube or fork and dredge the whole with granulated sugar. Then set the ice cream, just as it is, on the board into a hot oven, to brown the edges of the meringue evenly. By means of the paper, slide the browned ice cream to a platter and serve at once.

**Meringue for Baked Alaska**

Beat the whites of six eggs until dry, then gradually beat in six rounding tablespoons of granulated sugar. Beat thoroughly after all the sugar is added. Flavor with a teaspoon of vanilla extract. The meringue, cake, board and paper, all act as non-conductors of heat, and a mould of well-frozen cream when ready to serve is in just the right condition to eat.

**Southern Bisque**

1 cup milk	$\frac{1}{2}$ cup sugar
1 teaspoon cornstarch	1 teaspoon vanilla
2 cups thin cream	1 dozen macaroons

Heat all but one tablespoon of the milk, add the cornstarch mixed with the cold milk and stir until it comes to a boil. Remove, strain, and cool. Then add the cream, sugar and vanilla. Pack in a freezer in the usual way. Freeze until one-half done and then stir in the macaroons which have been crumbled. Finish the freezing.

**Macaroon Pudding**

1 pint milk	1 tablespoon cornstarch
$\frac{1}{2}$ teaspoon salt	2 eggs
3 tablespoons sugar	2 oranges
1 lemon	$\frac{1}{2}$ pint double cream
2 tablespoons powdered sugar	1 dozen macaroons

Prepare a rich boiled custard with the milk, cornstarch, salt, sugar and well-beaten eggs. Cook the grated yellow rind of one orange with the milk and cornstarch before adding the other ingredients.

When the custard is well thickened remove from the double boiler and add the strained juice of the oranges and lemon. Cool, add the cream whipped solid, and sweetened with powdered sugar, and crushed macaroons. Freeze slowly.

**Fruit Pudding**

1 pint whipped cream	1 dozen macaroons, crushed fine
$\frac{1}{4}$ lb. candied cherries	1 small slice candied pineapple

Cut cherries and pineapple into fine bits, add teaspoon vanilla, add crushed macaroons, sweeten with powdered sugar, and fold in whipped cream. Pack in salt and ice and let stand four hours.

**Frozen Puddings**

Are usually prepared with Vanilla Ice Cream No. 3, or with more egg yolks in addition to gelatine. Let custard cook two minutes, then strain over gelatine; when dissolved strain again into freezer.



Flavorings should be added when half frozen, and fruit or nuts stirred in as it is packed. Preserves of any kind cut in small pieces, chestnuts blanched and simmered in thick syrup till tender, French candied fruit, almond paste rubbed fine, Canton ginger, powdered macaroons, cake crumbs, etc., are all used singly and in combination.

### Nesselrode Pudding

$\frac{1}{2}$ lb. almond paste	1 cup sugar
30 French chestnuts	$\frac{1}{2}$ lb. candied fruit
1 pint cream	1 tablespoon vanilla extract
Pint can pineapple	4 tablespoons wine
10 egg yolks	2 cups water
$\frac{1}{4}$ teaspoon salt	

Blanch chestnuts and pound to paste; rub almond paste smooth. Boil sugar, water and pineapple juice twenty minutes. Beat egg yolks, stir them into syrup, cook over boiling water, beating mixture until it thickens. Place in a pan of cold water and beat ten minutes; mix almonds and chestnuts with the cream, add the candied fruit, the pineapple cut fine, and mix this with the cooked mixture. Freeze as ice cream, pack in a chimney mould. In serving, fill the hole with preserved chestnuts, garnish with whipped cream and preserved cherries.

### Chocolate Ice Box Cake

30 lady fingers	$\frac{1}{2}$ lb. sweet chocolate
1 cup whipped cream	3 tablespoons water
4 eggs, separated	3 tablespoons sugar

Melt chocolate over hot water and then add sugar, water and egg yolks which have been well beaten. Cook slowly until thick and smooth, stirring constantly. Then add stiffly beaten egg whites. Line mould with lady fingers, repeat until mixture is all in mould and layer of lady fingers on top. Put in ice box for at least fifteen hours. When ready to serve, turn cake out on cake platter and cover with whipped cream.

### Pineapple Parfait

1 cup cooked shredded pineapple	$\frac{1}{2}$ cup cream
$\frac{1}{4}$ cup pineapple syrup	Juice $\frac{1}{2}$ lemon
$\frac{1}{2}$ cup sugar	

Put the cooked pineapple through a strainer and press all the pulp through. Add the sugar, syrup and lemon juice and when the sugar is dissolved, add the whipped cream. Fold the pineapple into the whipped cream and pour into a mould. Pack mould in crushed ice and salt, and after two hours turn the mould over and repack. Garnish with chopped nuts and pineapple when serving.



**Chocolate Nut Parfait**

$\frac{1}{2}$ cup sugar	2 egg yolks
$1\frac{1}{2}$ squares of bitter chocolate	$\frac{1}{2}$ pint cream
$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup chopped nuts
Salt	

Flavoring

Boil without stirring, the sugar and water, for eight minutes. Then pour the syrup on the chocolate which has been melted over hot water. Add the yolks of eggs well beaten, and a few grains of salt and cook over hot water, stirring constantly, until thickened. Remove from fire, beat until cold, add the cream whipped solid, a teaspoon vanilla and nut meats. Turn into mould with water tight cover and bury in ice and rock salt for four hours. Serve with maple or coffee sauce.

**Coffee Parfait**

1 cup hot boiled coffee	2 cups thick cream
4 eggs	

Beat eggs slightly and pour coffee on slowly. Cook until mixture begins to thicken. Cool, add cream whipped until stiff. Mold, pack in ice and salt and let stand about three hours.

**Grapefruit and Pineapple Frappe.**

It is desirable to have pieces of pulp as large as possible. To do this best, remove grapefruit skin in quarters, discard all of the thick white skin. Separate carefully into sections, cut slit in membrane covering each section. Remove membrane and seeds. Break in large pieces. Mix with an equal quantity Malaga grapes, one-half cup chopped pineapple and about one-half cup pineapple juice. Place in freezer and pack in ice and salt for an hour or till partly frozen. This is good to serve with any fish dish.

**Cranberry Frappe**

Cook one quart cranberries, in pint cold water until the berries burst. Add one teaspoon white ginger, juice one lemon and one orange. Strain and add two cups brown sugar. Freeze to mush. Serve with Holiday fowl.

**Cafe Frappe**

1 quart strong coffee	Sugar to taste
1 egg white	Whipped cream

To sweetened coffee add well beaten egg white and freeze like an ice. Serve in tall glasses topped with whipped cream flavored with vanilla.

**Orange Water Ice**

1 pint water	3 egg whites
1 cup sugar	Grated rind and juice 2
2 teaspoons granulated gelatine	oranges
Juice 1 large lemon	

Boil the water and sugar together for ten minutes; add the gelatine, which has been previously softened in two tablespoons of cold water, and allow the mixture to become quite cold; then add the beaten whites of the eggs, the orange rind and juice, and the lemon juice. Freeze, turning the dasher slowly but steadily.

**Cranberry Ice**

4 cups water	1½ cups sugar
2 cups cranberry juice	

Pick over and wash three cups cranberries, add one cup water and boil fifteen minutes; strain and cool. Make syrup by boiling three cups water and one and one-half cups sugar fifteen minutes. Cool and add cranberry juice. Put in freezer and freeze, allowing two measures ice to one salt.

**Mint and Grapefruit Sherbet**

1 pint water	1 egg white
1½ cups sugar	½ teaspoon gelatine
1½ cups grapefruit pulp	4 or 5 sprigs fresh mint
½ cup grape juice	

Boil water and sugar rapidly for ten minutes. Add mint, crushing it into the hot syrup and stir in the gelatine softened in two tablespoons of cold water. Let stand till gelatine is dissolved, and strain. Add the grapefruit pulp and grape juice and freeze. When the sherbet begins to congeal, stir in the stiffly whipped white of egg.

**Cranberry Sherbet**

1 quart water	1 pint strained cranberry juice
1 pint brown sugar	1 tablespoon gelatine
Juice 2 lemons	

Boil water and sugar twenty minutes. Add gelatine which has been dissolved in cold water. Strain, add cranberry and lemon juice, and freeze.

**Raspberry Sherbet**

1 pint raspberry juice	2 cups sugar
1 quart water	Juice 2 lemons

Crush and heat the raspberries so that the juice may be extracted more easily; pass through a fine sieve or cheesecloth to keep back the

seeds. Boil the sugar and one-half the water to form a syrup, add the remainder of the water, the raspberry and lemon juice. Freeze as soon as the mixture is cold and, if possible, stand aside for an hour or more to ripen.

### Lemon Sherbet

1 quart water  
1½ cups sugar

¾ cup lemon juice  
1 egg white

Make a syrup of the boiling water and sugar, add lemon juice; cool, strain and freeze. When half frozen add the white, beaten stiff.

### Lemon Milk Sherbet

2 cups milk  
1 cup sugar

¾ cup water  
Juice 2 lemons

Mix the lemon juice and sugar, add water, and then add milk very slowly. Freeze, using three parts of ice to one of salt.

### Chocolate Mousse

2 squares bitter chocolate  
1 cup thin cream  
3 tablespoons hot water  
1 teaspoon flavoring, vanilla, or  
almond

½ cup powdered sugar  
¾ tablespoon gelatine  
¾ cup sugar  
4 cups cream

Melt chocolate and add powdered sugar. Add cream slowly. Stir over fire until it boils, then add gelatine that has been dissolved in hot water. Add three-fourths cup sugar and flavoring; strain into bowl set in pan ice water; stir constantly until mixture thickens, then fold in whip from remaining cream. Mold, pack in salt and ice and let stand about four hours.

### Caramel Mousse

1 pint heavy cream  
½ cup scalded milk

½ cup powdered sugar  
½ cup granulated sugar

Caramelize the sugar and turn gradually into the hot milk. Cool this, add to cream and beat until solid to the bottom of the bowl. Add powdered sugar, mould and pack in ice and salt.

### Maple Mousse

1 cup maple sugar  
4 eggs

1 pint whipped cream  
1 teaspoon vanilla

Beat the eggs very light, add the syrup and cook until it thickens, stirring constantly. Place the dish in a pan of ice water and stir until creamy, add the vanilla and the cream (whipped stiff). Fill a mould and pack in ice and salt for four hours. For the packing use four parts ice and one part salt.

## CHAPTER XX

### CUSTARDS AND JELLIES

#### Baked Custard

1 quart milk	6 eggs
$\frac{1}{2}$ cup sugar	$\frac{1}{8}$ teaspoon salt

Mix sugar, egg and salt; add milk and strain into buttered moulds or cups. Set in a deep pan, filled, two-thirds of the way to the top of the mould, with water. Bake in a moderate oven; when a knife blade cut into the custard comes out clean, the custard is done.

#### Boiled Custard

1 quart scalded milk	$\frac{1}{4}$ teaspoon salt
4 eggs	1 teaspoon cornstarch
4 tablespoons sugar	1 teaspoon vanilla

Mix cornstarch with a little cold milk and cook in scalded milk ten minutes; beat eggs and sugar together; pour the boiled milk over it and cook until thick enough to mask the spoon. Remove at once and set in cold water; stir often until almost cold; add the flavoring and salt and strain into the dish from which it is to be served. This custard may be used with sliced cake, macaroons or fruit.

*Cocoanut Custard*—One cup grated cocoanut may be added after straining, for cocoanut custard.

*Chocolate Custard*—Melt one ounce of chocolate over hot water and add to the hot custard before straining.

*Orange Custard*—Add the juice of two and the lightly grated rind of one orange just before serving.

#### Dainty Chocolate Custards

Add four tablespoons of grated chocolate to one cup of milk and cook in a double boiler until it becomes smooth; then add three cups of milk and when hot pour it over one cup of sugar which has been mixed with the well beaten yolks of three eggs. Then return to the fire and stir until it begins to thicken. It must not boil. Add one teaspoon of vanilla and when cool pour into tall glasses. Sliced banana added to this is delicious. This same custard can be used in a pastry shell, especially if the bananas are added, as it then is a little thicker. It must be put in the shell, however, just before being served.

### Clotted Cream

Let the milk stand twenty-four hours in winter (twelve in summer), then set it on the stove till almost at boiling point. It must not bubble, but should show wrinkles and look thick. The more slowly it is done the firmer it will be. On the following day skim it by folding over and over in small rolls, and set them on ice till wanted. Serve on fresh fruit or cereals.

### Orange Charlotte

$\frac{1}{2}$ box gelatine	1 cup orange juice and pulp
$\frac{1}{2}$ cup cold water	3 tablespoons lemon juice
$\frac{1}{2}$ cup boiling water	Whites of 3 eggs
1 cup sugar	Whip from 2 cups cream

Soak gelatine in cold water. Dissolve in boiling water. Strain and add sugar, lemon juice, orange juice and pulp. Chill, and when jelly begins to set, add the egg whites beaten very stiff. Fold in the cream. Line a mould with sections of oranges, lady fingers or sponge cake; pour the charlotte into the mould, and chill on ice. To remove from mould, loosen around the edges with a palette knife. Place a dish over the mould and turn quickly upside down.

### Snow Pudding

Beat the gelatine and whites of eggs separately. Let the gelatine stiffen partially first, and then beat in the whites of eggs.

### Calf Foot Jelly

4 calf feet	2 lemons
4 quarts water (cold)	2 inch sticks cinnamon
$\frac{1}{2}$ box gelatine	3 eggs
1 cup sugar	1 pint wine (non-alcoholic)

Wash and split the feet, add the water and cook slowly until the flesh separates from the bone and the stock is reduced to three pints. Strain. When cold, remove the fat. Add the whites and shells of the eggs, the cinnamon, sugar, gelatine, which has been soaked in one-half cup cold water twenty minutes, and the juice of the lemons. Stir until hot. Simmer fifteen minutes. Add wine. Skim and strain through a fine napkin into tumblers.

### Coffee Jelly

One-half box gelatine soaked one hour in one-half cup cold coffee. Add one quart strong coffee, one cup sugar, and one teaspoon vanilla. Cool in a crown mould, letting it stand on ice over night, if possible. Turn on a large platter, and heap whipped cream in cen-



ter as high as possible. The cream is often flavored with kummel or other cordial.

### Orange Jelly

$\frac{1}{2}$ box gelatine	1 pint orange juice
$\frac{1}{2}$ cup cold water	1 cup sugar
1 cup boiling water	1 lemon

Soak gelatine in cold water twenty minutes, or until soft. Add boiling water to this, and sugar, orange and lemon juice. Strain. Keep on ice until ready to serve. Cut the orange rind in baskets, and fill with the jelly broken irregularly just before serving.

## CHAPTER XXI

### PRESERVATION OF FOOD

**P**RESERVATION of fruits and vegetables for out of season use, is an old method of providing against the lean seasons. The custom still persists, but the methods have changed. Newer and better equipment for both canning and preserving is available, and newer and better information is to be had.

The State Colleges and the U. S. Department of Agriculture have bulletins on every possible subject which they are glad to mail to anyone wishing them. They have too, pamphlets telling you just what they have in the way of material, and will mail those to you free of cost. The government pamphlets are carefully prepared and the recipes have been tested many times. If the directions are followed, the results should be satisfactory.

There are some recipes that do not appear in these pamphlets and they are the ones which are passed along by word of mouth from one group of home makers to another.

Too much care cannot be taken with the selection of fruit for preserving. The sound fruit will give the best results. Often bruised fruit is used in marmalades and jam, but it is hardly worth the time of the housekeeper to go over the bruised fruit to select the best, nor is it always possible for her to go to the markets where these products are available.

If any amount of fruit is to be canned or preserved, or if large amounts of chili or other relishes are to be put up, this work must be planned for in advance. It cannot be sandwiched in with all of the other work. It takes room and time to prepare these foods and the kitchen should be free from other tasks while the canning, preserving and pickling is going on. It is best not to try to do too many kinds of fruit at once. They nearly all need different treatment, and every separate food requires its own set of utensils. Where space is limited, one thing at a time is enough.

Home made pickles are relished by every one, and an abundance is always welcome. It is better, however, to make a variety rather than a large amount of one kind.

The dried fruit marmalades can be made in the lean season when the fresh fruit jams and jellies are gone and the new crop is not yet ready. Many delicious jams and marmalades can be made of the

canned and dried fruits, and those who like home made jams need never be without them. The supply of canned and dried fruits is fairly uniform.

Both white and brown sugar are used in the canning and preserving. The price of both is about the same, so it is as well to use white sugar when the recipe calls for it. Brown sugar has a very decided flavor and lends itself well to pickling rather than to jams and jellies.

### Garfield Butter

Take two-thirds plums and one-third peaches. Pare, pit, and slice the peaches, and if the plums are freestones, remove the pits. Cook the peaches and plums together slowly until soft and rub through a colander or coarse sieve. If the plums are clingstones the pits are removed by this operation. To each measure of pulp add three-fourths of a measure of sugar, cook slowly, and stir often until of the right thickness. Pack hot and sterilize like peach butter.

### Currant Catsup

5 lbs. currants	$\frac{1}{2}$ pint of vinegar
3 lbs. sugar	1 teaspoon cloves

One teaspoon cinnamon, one of salt and of allspice and one of black red pepper mixed. Boil one and one-half hours.

### Tomato Catsup

To one gallon strained tomatoes add:

4 tablespoons salt	$\frac{1}{2}$ tablespoon allspice
3 tablespoons black pepper	$\frac{1}{4}$ teaspoon red pepper
3 tablespoons mustard	3 garlic cloves
$\frac{1}{2}$ tablespoon cloves	1 pint vinegar

Boil until the required thickness; put the dark spices and garlic into a cloth to prevent the catsup from becoming dark.

### Grape Conserve

3 lbs. seeded grapes	1 lb. English walnuts broken into small pieces
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Mix the ingredients and cook them together as for jam. The juice of the orange and the peel of one-half an orange cut in small pieces may be added for variation.

### Plum Conserve

Damson plums	2 cups raisins
6 sour oranges	5 cups sugar

Stone and chop fine the plums, and to each quart (after they are chopped) add the chopped and seeded raisins, the grated peel, and

finely chopped pulp of the oranges and sugar. Cook slowly until it is thick and transparent, and turn into glass jars.

### Harlequin Conserve—16 Glasses

25 peaches

1 lb. white grapes

10 red plums (large)

1 pineapple (or 1 can sliced —  
no juice)

1 orange—slice whole orange

$\frac{1}{2}$  lb. almonds

Cook until soft and well blended. Use three-fourths cup of sugar to one cup pulp. Cook twenty minutes; add almonds. Cook until it jells.

### Orange Gage Jam

6 lbs. plums

2 oranges

Sugar

Wash but do not peel the plums, and remove stones. Cut the oranges in very fine pieces. To each pound of fruit use three-fourths of a pound of sugar. Dissolve sugar in water, one-third of a cup to each pound. Boil and skin; add the fruit and cook quickly until it jellies.

### Grape Jam

Wash the grapes and squeeze or pinch the pulp from the skin. Boil the pulp until it separates from the seeds, and rub it through a sieve. Then add the skins to the pulp and boil with an equal weight of sugar fifteen minutes. Put into sterilized jars or tumblers and cover with paraffin when cold.

### Green Grape Mint Jelly

Wash the desired amount of unripe green grapes, put them in a preserving kettle and heat until they can be easily crushed. Add to each four pounds of grapes, one bunch of fresh, well washed mint bruised in a bowl, and cook until the grapes are soft enough to drain. Turn this into a jelly bag and let it drip, and then measure the amount. Boil the juice and add for each pint, one scant pound of hot sugar and boil for twelve minutes, or until a little of it jellies on a cold plate. Color mint green with vegetable coloring liquid and fill glasses. As the natural color is a reddish pink, half of it may be left without coloring, and if part of it is kept warm, it can be put into glasses in layers alternately with the green jelly. One layer must be nearly set before adding the next.

### Grapefruit, Orange and Lemon Marmalade

oranges  
lemons

1 grapefruit  
Sugar

Wash the fruit, slice very thin, first cutting in quarters to remove the seeds. To each pound of sliced fruit add three pints cold water,

then let this stand twenty-four hours, and boil two hours, or until peel is perfectly tender. Let stand until next day. To each pint of boiled fruit add one pint of granulated sugar, boil together for two hours, or until it jellies. This rule makes twenty glasses.

### Grape Marmalade

Wash and stem the grapes, remove the skins, heat the pulp and press it through a sieve to remove the seeds, add the skins to the pulp and place it on the fire; add three-fourths weight sugar; let it simmer twenty minutes. If the grapes are very ripe, add a little lemon juice. Turn the mixture into glass jars and seal.

### Grapefruit Marmalade

Wash grapefruit thoroughly, remove the seeds, and run it through a chopper. Barely cover it with water, and let it stand over night. In the morning, boil it for thirty minutes and let it stand over night. On the third morning boil it for thirty to forty minutes, or until the white part of the fruit is very tender. Measure the fruit, add an equal quantity of sugar, and boil the mixture until it jellies from the spoon, about thirty to sixty minutes. Pour the marmalade into hot sterilized glasses or small jars and cover it with paraffin. Such extended preparation previous to cooking the fruit with sugar is given in order to soften the white of the fruit and extract from it the jelly-making substance.

### Cranberry Marmalade

1 pint cranberries  
1 lb. raisins

1 cup corn syrup { or 1½ cup  
1 cup brown sugar { white sugar

Pick over and wash cranberries and raisins. Cover and cook in double boiler until broken to pieces. Add syrup and sugar. This should form a stiff mould when done. Chill and serve in individual moulds.

### Quince Marmalade

2 cups sugar

2 cups water

1 lb. quinces

Wipe, pare, quarter and remove all the core and the hard part under the core. Cover the quinces with cold water. Let them come slowly to a boil. Skim, and when nearly soft put one-fourth of the sugar on the top, but do not stir. When this boils add another part of the sugar, and continue until all the sugar is in the kettle. Let them boil slowly until it is the color you like, either light or dark. Put into hot sterilized glasses or jars. Cover with paraffin when cold. Half apples and half quinces may be used.



**Orange Marmalade**

12 thin skinned oranges

Sugar

3 lemons

Wash and slice the fruit as thin as paper or grind it fine. For every quart of fruit, add one and one-half quarts water and let mixture stand over night. In the morning cook gently for one hour. Add three-quarters cup sugar to each cup fruit and cook until it jells.

**Standard Orange Marmalade**

3 oranges

1½ lemons

3 quarts of water with sugar

Select fresh, plump, heavy fruit. Wash, discard tips and stems. Slice in pieces about one-eighth inch thick and two inches long, put into granite preserving kettle, add water, set in a cool place for twenty-four hours. Second day, divide into two kettles, place over a hot fire, boil briskly until the peeling is tender, set aside twenty-four hours. Third day, measure the fruit and return to two kettles and bring to boiling point, add an equal measure of sugar and boil briskly about twenty minutes or until it drops thickly from spoon.

**Rhubarb and Pineapple Marmalade**

3 lbs. red rhubarb

2 lemons. juice and grated rind

2 lbs. sugar

1 cup of pineapple, cut in pieces

Boil the mixture very slowly until it is thick and clear. Turn it into glasses, and seal it when it is set.

**Chopped Raw Pickle**

2 red peppers

1 cup sugar

2 quarts tomatoes

¾ cup salt

¾ cup grated horse-radish

½ cup mustard seed

2 large onions

½ level teaspoon each, ground

2 heads celery

cinnamon, cloves, ginger, and

1 quart vinegar

mace

Peel the tomatoes and chop, add the horse-radish, then the onions, celery and peppers, all chopped. Mix well, and stir in the sugar, salt, mustard seed and spices. Pour the vinegar over and mix thoroughly. Keep at least two weeks before using.

**Green Cucumber Pickles**

Select one peck small, fresh cucumbers of uniform size. Wash in cold water. Place in crock and add one cup salt with cold water to cover. Let stand twenty-four hours. Drain from brine and scald cucumbers in a weak vinegar. Drain and pack either in crock or Mason jars. Boil together the following:

1 gallon vinegar	2 tablespoons peppercorns
1 cup brown sugar	2 tablespoons allspice
1 tablespoon powdered alum	1 tablespoon cloves
1 oz. cinnamon	

Pour this over the cucumbers and seal.

### Small Cucumber Pickles

100 small cucumbers	2 quarts onions
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Slice cucumbers and let stand one hour in a kettle of hot water with one and one-half cups salt. Drain and add:

6 cups sugar	2 teaspoons mustard seed
2 teaspoons ginger	2 teaspoons celery seed
2 teaspoons white mustard	1½ teaspoons turmeric
Vinegar enough to cover	

Allow all to just come to boil; can while hot.

### Green Tomato Pickles

½ bushel green tomatoes	1 lb. white mustard seed
6 large onions	2 tablespoons celery seed
6 large peppers	2 quarts vinegar
2 cups sugar	Salt

Chop all together fine, put in layers—one of tomatoes, and onions, and one of salt, using in all one-half cup salt. Let stand over night, in the morning squeeze dry and put on to boil in two quarts of vinegar. Cook until tender, and when nearly done add one pound sugar; put in jars.

### Chipped Pears

8 lbs. pears	8 lbs. sugar
¼ lb. ginger root	4 lemons
1 cup boiling water	

Cut the pears, lemon and ginger root in small, thin slices; add the other materials and boil the whole gently two to three hours, until the fruit is clear and tender, stirring frequently.

### Pickled Peaches

8 lbs. peaches	1 pint vinegar
4 lbs. sugar	

Stick two or three cloves in each peach. Add a few sticks of cinnamon. Cook until tender. Take them out on platter to cool. When cool put in jars. Pour the cold syrup over. Let them stand twenty-four hours, then seal up. This is a good rule for all kinds of fruit pickles, if wanted rich. If not, use less sugar.

### Sweet Pickled Prunes

4 lbs. prunes	$\frac{1}{2}$ oz. cloves
2 lbs. sugar	1 stick cinnamon
2 cups vinegar	$\frac{1}{2}$ oz. whole ginger

Wash prunes well. Soak in cold water for twenty-four hours, and then bring them to the boiling point in the same water. Boil together the sugar, vinegar and spices for ten minutes; add the prunes, drained from the water, and simmer gently until tender. When cold, put in jars and seal closely.

### Green Tomato Pickle

1 peck green tomatoes	1 dozen onions
1 lb. sugar	$\frac{1}{4}$ lb. white mustard seed
1 oz. each ground black pepper, ginger and cinnamon	Vinegar

Slice tomatoes and onions and sprinkle with salt. Let stand over night, and then drain the juice. Mix dry ingredients. Put a layer of tomatoes and onion in a kettle, and sprinkle with spice mixture, then alternate layers until all is used. Cover with vinegar and let boil two hours, after which pack in small jars.

### Green Tomato Sweet Pickle

1 peck green tomatoes	2 tablespoons mixed spices
1 cup salt	2 quarts vinegar
3 cups brown sugar	1 teaspoon alum

Slice thickly the green tomatoes, and cover them with water, mixed with the salt. The next day drain this thoroughly. Heat the vinegar with the brown sugar, alum, mixed spices tied in a bag. With a skimmer, plunge a few of these tomatoes at a time into this boiling vinegar, and put them immediately into hot glass jars. Fill the jars with boiling liquid and seal.

### Currant Preserves

3 lbs. currants	2 oranges sliced thin, (skin)
3 lbs. sugar	$1\frac{1}{2}$ cups water

Put all ingredients in an earthen dish over night, then put over fire in kettle and cook fifteen minutes after boiling begins.

### Rhubarb and Fig Preserves

6 lbs. rhubarb, cut in small pieces	1 lb. figs, minced
3 lemons, juice and grated rind	4 lbs. sugar

Combine the rhubarb, figs, and sugar, and allow mixture to stand over night. Add the juice and the grated rind of the lemons. Cook

the mixture slowly until it is thick, turn it into glasses, and seal it when it is set.

### Raspberry and Currant Preserves

2 lbs. raspberries	3 lbs. sugar
1 pint currant juice	

Cook twenty minutes. Cook no more fruit at a time.

### Tomato Preserves

3 lbs. tomatoes	3 lbs. sugar
3 lemons	

Remove skins and hard portion of tomato, add sugar and lemon, cut in rings, and let the whole simmer several hours until thick. Put in sterilized glasses, and when cold, cover with paraffin.

### Green Tomato and Pepper Relish

1 peck green tomatoes	3 large onions
6 green peppers	2 quarts weak vinegar
3 quarts vinegar	2 cups brown sugar
1 cup white mustard seed	1 tablespoon, each, cinnamon,
3 tablespoons salt	cloves, allspice
1 teaspoon celery seed	

Chop finely the tomatoes, onions and peppers with the seeds removed, and boil them three minutes in the weak vinegar, drain and turn into glass jars. Scald the three quarts vinegar, brown sugar, mustard seed and spices, and pour over the chopped ingredients, and fill the jars.

### Cranberry Relish

2 quarts cranberries	3½ lbs. white sugar
1 lb. seeded raisins	2 oranges
1 cup vinegar	1 teaspoon each, ginger, cloves
	and cinnamon

Chop the orange very fine. Cook all to a marmalade, and put in jars.

### Cherry Relish

Remove the pits from cherries and drain them. Cover with a vinegar solution made in the proportion of three-fourths cup of vinegar to one quart of water. After five or six hours, drain the cherries, weigh them, and add an equal weight of sugar. Allow the cherries to stand over night. Seal them in glass jars, and keep them in a cool, dark place. The vinegar solution that has been drained off may be used in making various kinds of sweet pickles.

### Chutney

2 dozen ripe tomatoes, medium size	} Chopped	1 lb. seedless raisins
6 onions, medium size		1 cup celery, cut fine
3 red peppers		2 quarts vinegar
3 green peppers		3 cups sugar
1 dozen tart apples		Salt

Combine the ingredients, and cook the chutney until it is thick and clear. Pour it into hot sterile jars, and seal them.

### Pepper Relish

12 red peppers	1 pint vinegar
12 green peppers	2 cups sugar
12 onions	3 tablespoons salt

Chop the peppers and the onions. Cover them with boiling water, and let them stand for five minutes. Drain off the liquid. Add the vinegar, sugar and salt, and boil the mixture for five minutes. Pour it into sterile jars and seal.

### Tomato Sauce

To two gallons of strained tomatoes add one dozen onions, eight green peppers, chopped fine with the onions, and after the juice has been boiled down somewhat, ten tablespoons brown sugar, the same of salt, six cups white vinegar, or eight of other vinegar. Boil all together one hour. Bottle and seal.

### Chili Sauce No. 1

12 large tomatoes, chopped	3 cups vinegar
2 medium sized chopped onions, fine	1 tablespoon mustard
3 green peppers, chopped fine	1 teaspoon cinnamon
2 tablespoons salt	1 teaspoon nutmeg
	2 tablespoons sugar

Cook the sauce until it is of the right consistency, or about one and one-half hours, and seal it in sterile jars or bottles.

### Chili Sauce No. 2

12 tomatoes	1 teaspoon cloves
2 onions	1 teaspoon cinnamon
1 green pepper	1 tablespoon salt
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ cup vinegar

Peel the tomatoes and slice them. Chop the onions and the pepper. Combine the ingredients and cook the mixture until it is thick. Seal it in bottles or jars.



## CHAPTER XXII

### BEVERAGES

**B**EVERAGES have a very definite place in the menu and should be as carefully planned as any other part of the meal. Heavy, rich drinks should be reserved for special occasions and should never be served after an adequate meal. When cold beverages are planned for, in the meal, they should be the more simple ones.

Hot drinks, of course, have always been included in our menus. In recent years it has become more and more the custom to serve sweetened cold drinks in place of the hot tea or coffee. Lemonade and iced tea are not new, but some of the drinks that have been made recently are a real addition to our non-alcoholic punches.

Whether it is to be a hot drink or a cold one depends on the weather and the function, but if the beverage is a hot one, it should be what its name implies. Tepid tea or coffee is most disappointing. The best hot drink is spoiled if it is not of the right temperature. This is equally true of the cold beverages. They should be well iced and thoroughly chilled before they are served. There should be a frost on the glass of the cold drink. The little of ice in the glass is almost as refreshing as the drink itself.

The way the cold drinks are served makes a difference in their taste. A simple lemonade, if icy cold and decorated with a bit of thinly cut orange peel and a sprig of mint is much more attractive and tastes better than the same lemonade served in a thick glass which may or may not be cold. The glass should be cold to the touch. Thin glass makes this possible. Small bits of candied fruit, and preserved ginger make a festive beverage of the simplest orange or lemonade. The charged waters in combination with the fruit syrups lend themselves to many interesting variations.

Variety is limited only by the imagination and good taste of the person making these delicious cooling drinks. There are some flavors that "go well" together and others that should be used separately. With a sweet syrup, it is well to have an acid fruit if more than one flavor is used. With the spiced drinks, the lemon and lime are best. Gingerale is better with lemon than with a sweet syrup. If fresh fruit is used in the punch, it should be carefully cut in neat cubes so that the punch will not have an unattractive, cloudy look. If berries are used, be careful not to crush them. That, too, makes the

punch or lemonade look cloudy. Beverages to be really attractive, should be cold, clear and served in thin glasses.

When large quantities of punch are to be made it is best to keep all the flavors separate until the punch is to be mixed. They may then be poured over a large block of ice in the center of the punch bowl. The sugar should be made into a syrup and added last. The flavors blend quickly, but if mixed in advance may blend too thoroughly and spoil the drink. Bits of fruit added to punch should be added last to keep it from breaking into unsightly bits. The stirring of the punch with the fruit in it, makes the drink unattractive.

### Frosted Root Beer

Turn into a tall glass four tablespoons thick cream. Then pour in slowly so that it will not foam up and run over the glass, a chilled bottle of root beer. Top with two spoonfuls of sweetened whipped cream, flavor with lemon and serve immediately. Cracked ice may be added if desired.

### Broadway Cup

Blend together two cups thick maple syrup, three and one-fourth quarts strong, strained coffee, and one pint thick cream. Place on ice to chill, and when ready to serve, add one quart of iced mineral water. Pour over a block of ice in a punch bowl, and serve in tall glasses containing a ball of chocolate ice cream. Top with a mound of sweetened whipped cream.

### Mulled Cider

1 quart cider	2 inches stick cinnamon
$\frac{1}{2}$ teaspoon whole allspice	3 eggs, well beaten

Boil together the cider and spices for three minutes. Add carefully to the well-beaten eggs, beating while adding. Strain, and serve very hot.

### Boiled Coffee

2 tablespoons coffee to 3 cups water	White of egg
---	--------------

Grind coffee moderately fine, add one-half white of egg, and put into perfectly clean coffee pot. Add enough cold water to moisten coffee, then pour measured water over, cover pot closely, and boil ten minutes. Then pour in one-half cup cold water, draw the pot to side of range, and allow it to stand five minutes to settle before serving. Never let the coffee boil after cold water has been added.

**Filtered Coffee**

1 tablespoon of coffee to each cup

Have coffee finely ground, coffee pot hot, and water freshly boiled. Put coffee into strainer or upper part of pot, measure water, and pour slowly over coffee. When it has filtered through, pour it again over the grounds, keeping the pot where the water will remain at the boiling point, but not actually boil during the process. The pot may stand in a vessel of boiling water during the filtering process if desired.

**Black or After Dinner Coffee**

Make according to rule for filtered coffee, using twice the quantity of coffee to each cup of water. Serve in very small cups.

**Cafe au Lait**

1 tablespoon of coffee to each cup

Grind the coffee finely, and prepare as in filtered coffee, using only one-half quantity of water. When filtered twice, pour off the coffee, and add an equal amount of freshly scalded milk.

**Perfection Coffee**

2 cups good cold coffee

2 cups milk

 $\frac{1}{2}$  teaspoon brown cinnamon

Whipped cream

Cracked ice

Have both coffee and milk thoroughly chilled; mix well, add cracked ice and when serving, put the whipped cream on each glass and dust over with cinnamon.

**Cocoa**

2 tablespoons cocoa

1 pint boiling water

2 tablespoons sugar

2 cups boiling milk

Put cocoa and sugar in saucepan; add half cup boiling water and cook, stirring constantly for five minutes. Add remainder of water, also milk, and cook five minutes longer. Serve with cream if desired.

**Cocoa Egg Nog**

1 egg white

1 teaspoon cocoa

1 teaspoon sugar

 $\frac{1}{2}$  cup milk

Few grains salt

Beat egg white; add sugar, cocoa and salt gradually. Add cold milk to one-half the mixture. Serve in a glass with remaining mixture on top.

**Choca**

2 squares (ounces) chocolate

1 cup sugar

 $\frac{1}{2}$  cup liquid coffee

Whipped cream

3 cups water

1 teaspoon vanilla

Melt chocolate in a dry saucepan over a gentle heat. Add the liquid coffee to it, and cook two minutes, stirring constantly. Add sugar and water, and cook five minutes. Chill, add vanilla, and pour into glasses, each containing tablespoon of whipped cream. Be sure the beverage is thoroughly chilled before serving.

### Chocolate

2 squares chocolate  
2 teaspoons sugar  
3 cups milk

Whipped cream  
4 tablespoons cold water  
1 teaspoon vanilla, if liked

Put chocolate into a saucepan or the inner vessel of a double boiler, with water and sugar; cook over gentle heat until chocolate is melted, add milk gradually and bring to boiling point. Beat until foamy, flavor with vanilla if liked, and serve with a spoonful of whipped cream on each cup.

### Hot Chocolate

2 squares chocolate  
2 cups cold water

3 tablespoons sugar  
2 cups milk

Melt chocolate; add sugar and cold water and heat to boiling point, cook fifteen minutes in a double boiler. Add milk and heat again. Remove from flame as soon as boiling point is reached.

### Lemon Ginger Cup

For an individual portion of this very refreshing beverage, place in a tall glass four tablespoons of cold tea, the juice of one-half lemon, two tablespoons of sugar, and two or three bits of preserved ginger. Stir well, mix in two tablespoons finely cracked ice, and fill up the glass with iced gingerale. Add a thin slice of lemon, and cap with a tiny bouquet of fresh mint.

### Ginger Frappe

One cup of tea, one cup chopped preserved ginger with the syrup, one-half can pitted cherries with the juice, the juice of three limes, and one lemon. Sweeten with one cup of sugar syrup, and chill on ice for several hours. When ready to serve add two quarts and one pint of chilled gingerale, one pint iced vichy, and one quart red raspberries. Pour slowly over a block of ice, place in a punch bowl, and serve in sherbet cups.

### Fruit Frappe

Place two tablespoons of mixed fruit juices (orange, lemon and pineapple) in a tall glass. Add to this some sugar syrup, and a

spoonful of plain water ice. Fill the glass with carbonated water, and garnish with thin slices of lemon and orange.

### Mint Cordial

1 large bunch of mint  
Juice of 2 lemons  
2 cups sugar

2 cups water  
Juice of 1 orange  
1 cup pineapple juice

Pick the leaves from the stalks of the mint. Crush the leaves thoroughly, add lemon juice, stand aside for one hour. Boil water and sugar to a syrup. Pour this over the lemon and mint. Cool and strain. When cold add orange and pineapple juice, serve in glasses with a sprig of fresh mint in each.

### Mint Cup

Place in a large bowl two cups hot tea, and add a cup of crushed mint leaves. Let stand until cold and strain. Add to the mint flavored tea, the juice of three oranges and lemons, one cup shredded canned pineapple, one cup sugar syrup, and one pint white grape juice. Let stand on the ice to chill and ripen. When ready to serve, add one quart cracked ice, and one quart chilled mineral water, with three drops oil of peppermint. Mix well, stir in two diced bananas, and one-half pint of maraschino cherries with the juice. Serve in tall glasses, and garnish each with a bouquet of fresh mint.

### Grape Juice

Grapes

Sugar

Pick grapes from the stalk, crush them, and place over a slow fire until the juice runs freely. Strain through fine cloth or jelly bag, pressing out all of the juice. Measure, and to each quart use a cup and a half of sugar. Scald the juice, add the sugar, boil five minutes after all the sugar is melted; bottle and seal.

### Grape Lemonade

To make two quarts of this drink, use the juice of four limes, one and one-half pints grape juice, five drops oil of peppermint, one quart carbonated water, and plenty of ice. Sweeten with sugar syrup. Add the mint to the syrup, and mix with grape juice and limes. Add the ice and water.

### Southern Limeade

Make a sugar syrup of one cup water and three-fourths cup sugar. To two tablespoons of this syrup, placed in tall glass, add the juice of one lime and generous cubes of ice. Fill with seltzer water, and serve with slices of lime.



### Peppermint Lemonade

To two quarts water, add the juice of four lemons, and sweeten with sugar syrup to which has been added five drops oil of peppermint. Serve from a glass pitcher with ice and mint sprigs.

### Fruit Punch

Juice from one can sliced pineapple. Juice of two lemons and one orange; one cup of some available bitter, three pints carbonated water, and sweeten with grenadine syrup. Mix the fruit juices and syrup in a large glass pitcher, add water and ice, slices of lemon, sprigs of mint, cherries and cubes of pineapple. Serve very cold—when the frost is on the pitcher!

### Fruit Punch

2 lbs. sugar	Crushed ice
2 quarts water	Juice of 6 oranges and 4
2 quarts mineral water	lemons
2 cups sliced strawberries	1 cup raspberry or other fruit
3 sliced bananas	syrup
1 large pineapple shredded	

Boil sugar and water together to form a syrup. Add the mineral water, fruit and ice, with more water if the punch is too strong. Serve very cold.

### Dry State Punch

1 cup water	Juice of grape fruit
$\frac{1}{2}$ cup sugar	1 orange
$\frac{1}{2}$ cup pineapple juice	1 lemon
$\frac{1}{2}$ cup candied cherries	

Boil sugar and water together, then add fruit juices and let mixture cool. The grape juice is poured in, chilled, and one pint of soda is added just before serving. Use cherries and citron as a garnish.

### Lime Punch

8 cubes sugar	1 $\frac{1}{2}$ cups water
Juice of 2 oranges	Cracked ice
Juice of 2 limes	Slice of pineapple
2 crystallized cherries	

Rub the cubes of sugar over the rind of the oranges and limes. Then put the sugar in a bowl, and pour the lime and orange juices over it. Add the water, and serve when the sugar is melted, chilling with plenty of cracked ice. Put in the pineapple and cherries at the moment of serving.

### Tea Punch

1 cup strong tea	$\frac{1}{2}$ cup maraschino cordial
1 sliced lemon	1 cup sugar
1 cup stoned cherries	1 cup slightly crushed raspber-
1 quart water or carbonated water	ries or strawberries
	Cracked ice

Pour the hot tea over the sugar, then, when cold, add the fruit, water, cordial and ice. Chill thoroughly before serving.

### Loganberry Punch

1 cup sugar	3 lemons (juice)
1 cup water	1 cup loganberry juice
$1\frac{1}{2}$ pints gingerale	

Make a syrup of sugar and water by simmering for about five minutes. When cold, add one lemon and loganberry juice. Just before serving add gingerale; if too strong, a little water may be added. Garnish with slices of orange and mint leaves.

### Pineapple Punch

2 cups water	1 quart ice water
$1\frac{1}{2}$ cups sugar	1 can grated pineapple
Juice 4 lemons	

Combine water and sugar and boil ten minutes. Add pineapple and lemon juice, cool, strain, and add ice-water. Put piece of ice into punch bowl, pour punch over it and garnish with cherries and thin slices of lemon from which the seeds have been removed.

### Raspberry Vinegar

4 quarts raspberries	2 quarts cider vinegar
Sugar	

Crush two quarts raspberries, and pour vinegar over them. Let stand two days, strain, and pour same vinegar over the remaining two quarts of berries. Let stand for two days, and after straining, measure the liquid. Add, for each pint, one pound sugar. Boil five minutes, skim, bottle and seal. Use two tablespoons to a tumbler of water.

### Tea

Use two level teaspoons tea to two cups of water.

Use freshly boiling water, scald teapot, put in tea, and pour on boiling water in proportion given. Cover and keep in warm place, but where the tea will not boil, for three to five minutes, to draw. If it cannot be used at once, pour off the tea and discard the leaves. An earthen teapot is preferable.

### Iced Tea

Iced tea is made the same as the hot beverage, and may be prepared some hours before using, the infusion being poured off the leaves as soon as the strength is extracted, then cooled, and placed near the ice until required for use; or, the tea may be made at the time of serving and chilled by the plentiful addition of cracked ice. The former is the more economical method. Iced tea should be taken clear and weaker than when served hot, and slices of lemon should be served with it.

## CHAPTER XXIII

### SANDWICHES

**S**ANDWICHES are both easy to serve and easy to make. There are, of course, many that are what might be called "fussy," but, on the whole, they are simple. A few good utensils and knives render sandwich making, even for very large numbers, a comparatively easy task.

Sharp knives to cut bread, good deep bowl to cream the sandwich mixture, fresh crisp greens and a clear surface to work on, and half the work is done.

Where pastes and chopped mixtures are used as filling, it is best to put the butter in the mixture. Spreading butter takes extra time, with no great improvement in the taste. All mixtures should be well creamed, and thoroughly blended before they are put on the bread.

For hot sandwiches, such as hot club, everything should be ready, the butter creamed, the lettuce washed, the chicken sliced and the bacon broiled and put in the oven to keep hot before the bread is toasted. Toast sandwiches should be made of hot toast, with the crusts cut off before the bread is toasted. If the butter is thoroughly creamed in advance and kept warm, the toast will not crumble and it will be more evenly buttered than when the butter is left uncreamed.

The number of places where sandwiches can be used satisfactorily is unlimited. The school box lunch, of course, comes in for its share of sandwiches. Here care should be taken to give a large variety with frequent surprises to make the youngsters' lunch more interesting.

The picnic lunch is usually one at which large numbers of sandwiches are eaten and they should be of an interesting variety and carefully made. Too much filling is as bad as too little. The bread should be liberally covered with the sandwich mixture, but it should not be thicker than the bread.

Thinly sliced meat or cheese, and meat and cheese combined in one sandwich, are those most commonly used. The chopped mixtures, which are really less trouble to prepare than the others, are more often neglected.

Jam, cream cheese, fruit, nuts, pickle, almost anything may be used for filling. The one advantage that the minced mixtures have over

the other, is that the butter may be melted in the mixture and it may be made up before it is to be used.

Left over meats, moistened with highly seasoned gravy, make good mixtures. The taste of these is altered by the addition of either chipped or sliced olive or pickle. Thinly sliced radish or cucumber is always a welcome change from the usual meat, fish or cheese sandwich.

Whatever the filling is, if it is minced, the one thing to remember is that it must be well mixed to make it easy to spread and attractive to serve. If meat or cheese is used, the filling should be thinly sliced to make it easy to eat. For those who like the more substantial sandwich, several layers of the thinly sliced meat are better than one thick slice. Use bread a day old, so it will cut without crumbling. When the sandwiches are to be packed, they should be packed tightly, but not so tight that they will crush.

### Cucumber Sandwich

2 very fresh cucumbers	$\frac{1}{2}$ cup mayonnaise
1 tablespoon grated onion	Salt and paprika

Peel, slice and chop cucumber fine, put in cheesecloth to drain. Set on ice to chill. Mix with other ingredients just before making sandwiches. Spread on unbuttered rye bread.

### Chicken Club Sandwich

Toasted white bread	Sliced tomato
Slices broiled bacon	Crisp lettuce
White meat of chicken	Mayonnaise dressing

Butter toast lightly, lay one piece of each of the ingredients on in given order, and cover with a piece of buttered toast. Trim off the crusts before the bread is toasted.

### Chicken Liver Sandwiches

Boiled minced chicken livers	Lettuce
Broiled bacon	Chopped capers
Toasted rye bread	Chopped olives
Mayonnaise	

Butter the toast, spread liberally with the hot minced liver, lay a strip of bacon across, sprinkle with the chopped capers and olives. Put on lettuce and mayonnaise.

### Deville Sandwiches

2 ozs. Jordan almonds	1 teaspoon chutney
2 tablespoons chopped sweet pickles	$\frac{1}{2}$ teaspoon salt
1 teaspoon Worcestershire sauce	$\frac{1}{2}$ teaspoon paprika
	1 cup cottage cheese



Blanch and shred the almonds and saute in enough butter to prevent burning, until delicately browned. Mix the sweet pickle, sauce, chutney, salt and paprika. Pour this over the almonds, and cook for two minutes longer, stirring constantly. Work a small cup of cottage cheese to a paste with a little thick cream, and use a layer of the cheese and one of the nut mixture between buttered slices of graham or Boston brown bread.

### Fig Sandwiches

Cook fig marmalade and sugar to a paste. Wafers are put together in twos with filling between.

### Lenox Sandwich

$\frac{1}{2}$  cup almond paste  
 $\frac{1}{4}$  cup powdered sugar

$\frac{3}{4}$  cup heavy cream  
 Salt

Mix thoroughly and spread between thin slices of buttered graham or white bread.

### Piquant Sandwich

$\frac{1}{2}$  cup butter  
 6 tablespoons grated cheese  
 (Parmesan)

1 tablespoon made mustard  
 1 tablespoon anchovy paste  
 1 teaspoon vinegar

Cream the butter, add the cheese and mix thoroughly. Mix in all the other ingredients and beat well. Spread on thinly sliced rye bread.

### Russian Sandwich

1 small cream cheese

$\frac{1}{2}$  cup mayonnaise dressing

24 stuffed olives

Cream the cheese and season with salt and paprika. Chop the olives very fine, and mix with mayonnaise. Spread one slice of bread with cheese, and the other with the mayonnaise mixture. Put sandwiches together and trim off crusts. Cut in strips. They are easier to serve if cut into three strips, instead of cutting them in half.

### Savoy Sandwich

4 tablespoons butter  
 1 tablespoon capers  
 6 stuffed olives

2 tablespoons water-cress  
 1 teaspoon chopped onion  
 1 teaspoon lemon juice

Cream the butter, add the lemon juice and all the other ingredients finely minced. Spread between thinly sliced rye bread.

### Shrimp Sandwich

2 hard cooked egg yolks  
 4 tablespoons butter

1 tablespoon made mustard  
 2 tablespoons shrimp paste

1 teaspoon onion juice

Cream butter thoroughly, add mustard and shrimp. Beat until thoroughly blended. Add egg yolk and onion juice. Spread liberally between slices of white or graham bread.

### Sponge Cake Sandwich

1 cup maple sugar  
1 cup chopped nuts

3 tablespoons heavy cream  
Thin slices sponge cake

Crush maple sugar, mix with nuts and cream. Spread between slices of two day old sponge cake. Do not cut cake until just before the sandwiches are to be made. These are delicious with hot chocolate.

### Swiss Club Sandwich

Toasted rye bread  
Sliced Swiss cheese  
Broiled bacon

Piquant cold slaw  
Mayonnaise  
Lettuce

Butter fresh hot toast. Put Swiss cheese, cold slaw and bacon between lettuce leaves and put all between two slices of toast. Serve as soon as made.

### Tearoom Sandwiches

2 tart apples  
 $\frac{1}{4}$  pound shelled walnuts

1 cup stuffed olives  
Mayonnaise

Grind through the meat chopper the peeled apples, walnuts and olives. Moisten with mayonnaise dressing and use with a crisp lettuce leaf between buttered slices of graham or whole wheat bread.

### Tea Sandwiches

$1\frac{1}{2}$  cups seeded raisins

$\frac{1}{2}$  cup chopped nuts

Juice of half a lemon

Chop the raisins and nuts; mix lemon juice. Spread on well buttered thinly sliced bread.

## CHAPTER XXIV

### CANDY

**T**HERE are very few homes in which candy is not made at some time. No one is too grown up to have a taffy pull, and good taffy is easily made.

The highly decorated and ornamented bonbons which we see in the shop windows make us wish that we could make them. Many of them can be made at home. The bonbons made of a fondant base and decorated with fruit and nuts are especially easy to make at home after the candy maker learns to make fondant well. With a good fondant for a base, the varieties of candy that can be made at home is limited only by the decorative materials available in the shops. Candied fruits, preserved fruits, fruit coloring, nuts, chocolate, chocolate and nuts combined all make acceptable additions to the plain fondant bonbon.

Candied fruit peel can be kept on hand either to put in the bonbon dish or to serve at afternoon tea. These dainties are easy to make and the materials are always available.

The fruit pastes are very easily made and are a good sweet to keep on hand for the picnic basket or lunch box. Some are made entirely without sugar, so that they may be used for the little ones in the family quite safely. Not only are the sugarless candies good for the youngsters, but they satisfy a craving for sweets in the older members of the family as well.

A box of these home made goodies make a welcome gift. All the "good old fashioned toffies" which are now being replaced by the more highly ornamental chocolates can be made at home with a minimum of trouble and at a minimum of cost. These two virtues should recommend them to the home candy maker and to those who do not ordinarily make candy.

Good fudge isn't always to be had at the shops, but it can be made at home with assurance of success. The popcorn balls, which are the delight of youngsters are another type of candy that lends itself to home candy making. The popcorn can be replaced by many of the prepared puffed cereals to give delicious crisp sweets which are sure to be popular with everyone.

The surest method is to use a thermometer, but where a thermometer is not used, it will take a little practice to be able to tell when

the "soft ball" stage is really reached. Not as much difficulty is encountered with the candies which are cooked to the "hard crack" stage. The "soft ball" stage is not reached until a soft ball can be made of a little of the syrup dropped in cold water, without clouding the water. Fresh water should be used for each test. If the water is left cloudy, the candy is not sufficiently cooked. When the soft ball stage is reached, however, the kettle must be removed from the fire at once.

### Candy Temperatures

If a thermometer is used in candy making the following temperatures apply to all candies:

Thread .....	230 degrees F.
Soft Ball .....	238 degrees F.
Hard Ball .....	254 degrees F.
Crack .....	290 degrees F.
Hard Crack .....	310 degrees F.

### Holiday Coconut Balls

1 cup shredded cocoanut	$\frac{1}{4}$ cup currants
$\frac{1}{2}$ cup raisins	$\frac{1}{3}$ cup corn syrup
$\frac{1}{4}$ teaspoon maple flavoring	

Pour flavoring into corn syrup, add chopped fruits and cocoanut to form stiff loaf. Pack in small cake-tin three-fourths inch in thickness. Chill in refrigerator and roll in small balls. Dust with mixture of one-half corn starch and one-half sugar.

### Fruit Balls

Chop raisins, dates and nuts fine and form into round balls size of marble. Dip in cocoa coating and place on oiled paper to cool.

### Cocoa Coating

$\frac{1}{2}$ lb. cocoa	2 tablespoons butter
2 tablespoons water	

Put cocoa in small sauce pan over water. Stir in butter and water and melt. If too thick add a little more water. Keep warm while dipping the fruit balls.

### Popcorn Balls

Make an old fashioned molasses candy, and just before removing from fire stir in enough popcorn to thicken it. Take mixture out by spoonful and roll, as soon as it can be handled, into balls, then roll these over and over in kernels of popcorn until no more will adhere to balls.

### Coffee Bonbons

Make small balls of the uncooked fondant and press into little flat cakes. Make a dent in the middle and drop a preserved strawberry in. Dip gently into melted chocolate and set aside to cool. When cold, wrap around with more fondant and then dip in chocolate again. The bonbons may be varied by adding nuts or candied fruit to the fondant instead of the preserved fruit. A small piece of preserved ginger makes a delicious filling for these coffee dainties.

### Molasses Puffed Rice Bar

1 cup molasses	1 teaspoon vinegar
$\frac{1}{2}$ teaspoon soda	1 tablespoon butter
$\frac{1}{2}$ to 1 cup puffed rice	

Cook mixture to hard ball stage. Remove it from fire and beat it lightly; then pour it over layer of puffed rice in greased pan. When cool, cut in bars.

### Bitter-Sweets

$\frac{1}{2}$ cup raisins, seeded	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ cup dates	6 tablespoons grated unsweet-
$\frac{1}{4}$ cup Maraschino cherries	ened chocolate

Chop raisins, dates, nuts and Maraschino cherries fine. Mix well and form into balls. Melt chocolate in double boiler. Dip fruit balls into melted chocolate and place on oiled paper to cool. Sweetened chocolate may be used, if preferred.

### Taffy

Put into a sauce pan two and one-half cups sugar and one-half cup water; stir until it dissolves; then wash the sides of the pan with a damp cloth and let the syrup boil without stirring until it reaches the soft ball stage, 238 degrees F. Add one tablespoon butter and one-half teaspoon lemon juice and boil to the hard crack, 310 degrees F.; add one teaspoon vanilla and turn on an oiled slab or a tin to cool. Mark it off into squares before it becomes cold.

### Peanut Brittle

1 cup granulated sugar	$\frac{1}{2}$ cup chopped peanuts
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Heat sugar until it is melted, stirring *constantly*. Add chopped nuts and pour quickly on greased tin. Mark into squares when slightly cooled. Three-fourths cup peanuts in shell equals one-fourth cup meats.

### Hard Candies

Boil together a pound of sugar and a half cupful of cold water until it becomes brittle if dropped into cold water. Cover the bottom



of a well-buttered shallow tin with nut kernels—**hickory**, walnuts, pecans, blanched almonds, strips of cocoanut, bits of figs, dates and the like. Add a tablespoon of lemon juice to the candy when it is done and pour it over the fruit and nuts in the pan. Let it get cold and mark into squares and strips.

### Cherry Foams

2 cups granulated sugar	$\frac{1}{2}$ cup water
$\frac{1}{4}$ teaspoon vanilla	2 egg whites

Candied cherries

Boil granulated sugar in water without stirring until the syrup will thread. Add vanilla, and pour slowly upon the beaten whites of the eggs, beating continuously until stiff enough to drop from a teaspoon upon buttered paper. Before candies cool, press one-half candied cherry into the top of each. If preferred, beat the cherries into candy, and when creamy pour it into buttered pans.

### Chocolate Caramels

2 tablespoons butter	$\frac{1}{2}$ cup evaporated milk
2 cups corn and cane syrup	4 tablespoons cocoa
$\frac{1}{4}$ teaspoon vanilla	

Melt the butter in saucepan, stir in syrup and milk. When heated, add cocoa. Stir frequently while cooking. Boil until when tried in cold water a firm ball may be formed in the fingers. Add vanilla. Beat until cool. Pour into buttered pan, cool and mark in squares. Wrap each square in oiled paper.

### Chocolate Coated Nuts

Melt three squares of bitter chocolate and one-half teaspoon paraffin in a double boiler. Place cluster of three hazel nuts on waxed paper. With teaspoon pour sufficient chocolate over nuts to coat them. If more than three nuts are desired for one piece, other nuts may be placed on top of cluster and more chocolate poured over them for coating. This is true conservation sweetmeat.

### Chocolate Chips

1 cup molasses	Butter size of a butternut
$\frac{3}{4}$ cup sugar	Vanilla

Boil until hard. Pull thin. Cut in small pieces. When cold, dip in hot melted chocolate, flavored with vanilla. If you like, sweeten a little.

### Coffee Chocolate Caramels

$\frac{1}{2}$ cup very strong coffee	3 cups dark brown sugar
$\frac{1}{2}$ cup thin cream	3 ounces bitter chocolate
$\frac{3}{4}$ cup molasses	6 tablespoons butter
1 cup chopped nuts	$\frac{1}{2}$ teaspoon vanilla

$\frac{1}{4}$  teaspoon salt

Combine all the ingredients except the nut meats. Boil slowly until a little dropped in cold water makes a soft caramel ball (249° Fahrenheit). Stir in the nuts, beat for a few minutes, pour into a buttered pan or one lined with wax paper. Do not have the mixture more than one inch thick. When it begins to set, score off into squares.

### White Fondant

2½ lbs. sugar

1½ cups hot water

¼ teaspoon cream of tartar

Put ingredients into a smooth granite stewpan. Stir until dissolved and heat gradually to boiling point. Boil without stirring at a temperature of 238 degrees F. or when tried in cold water, a soft ball is formed that will keep its shape. If sugar adheres to sides of kettle, it should be washed off with the hand or a brush, first dipped in cold water. Pour slowly on a slightly oiled marble slab or platter. Let stand for a few minutes to cool, or until pressing it with the finger it leaves a dent on the surface and yet has formed no crust. If stirred while too warm it will grain. If by chance a crust forms, every particle of it must be taken off or else the boiling must be done again, as it shows it has cooked a little too long. When it will dent, use a paddle or scraper to cream mixture. The paddle or scraper is a broad flexible steel blade with a wooden handle.

Gather the candy up around the edges of the platter and turn it into the center, with a forward motion of the paddle gather up as much as possible of the candy, then turn the paddle over and press the mass against the platter with a returning backward motion. As the mass thickens, it will become easier to handle.

As soon as the candy becomes firm and creamy, gather it together on the platter and stop working. The candy will be hard now and is called fondant. If needed immediately it can be softened by kneading with the hands. If not needed immediately place in a crock and cover tightly or with a moistened cloth. If stored properly it will keep for weeks.

### Uncooked Coffee Fondant

1½ tablespoons butter

2½ cups soft brown sugar

1 tablespoon cream

½ teaspoon vanilla

2 tablespoons coffee essence

Cream the butter with a little sugar. Add the cream slowly and work in more sugar. Then add the coffee and keep working in the sugar. The salt may be added to the coffee. Add the vanilla and work in all the sugar, knead well, cover with damp cloth for an hour. Put into a jar and keep on hand for coffee confections.

### Fondant Logs

Roll the uncooked fondant into small cork shaped pieces, make very smooth and evenly shaped. Dip in melted chocolate, and before the chocolate is thoroughly set, drop into chopped walnuts. The logs should be well covered with nuts.

### Potato Fondant Uncooked

$\frac{1}{2}$ cup prepared Irish potatoes	1 egg white
Confectioner's sugar	

Potato fondant is another base—even more useful than potato paste—upon which many confections may be built. There are two kinds—cooked and uncooked. To make uncooked, boil or steam Irish potatoes, drain, and force them through fine sieve. In all candy-making with potatoes, these directions are of utmost importance. Unless potato is carefully forced through fine sieve, candy made from it will have hard and gluey spots after it has dried out. Mix one-half cup of potato so prepared with unbeaten white of one egg. Add gradually confectioner's sugar until whole mass assumes consistency of bonbon cream. Several uses for potato fondant will be described below but it may be substituted for French fondant in any of confections of which this is a part.

### Cooked Potato Fondant

$\frac{1}{2}$ cup prepared potato	2 cups sugar
$\frac{3}{4}$ cup milk	

With one-half cup potato, prepared as for uncooked fondant, very thoroughly mix two cups sugar and thin with two-thirds cup of milk. Place mixture on an asbestos mat over fire and cook until thick—to sticking point. Pour mass on cold, damp marble and “cut in” like plain fondant. Knead small quantities at a time until whole batch is smooth. Pack in tins lined with waxed paper. Fondant can be used without additional sugar and does not stick to hands. It is particularly useful as covering.

### Popcorn Fudge

Freshly popped corn	$\frac{1}{2}$ cup water
2 cups granulated sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup corn syrup	2 egg whites

Put the popped corn through a meat grinder. Boil the sugar, syrup, water and salt until a little past the soft ball stage. Remove from fire and pour upon stiffly beaten whites of eggs. Beat until smooth. With this quantity of syrup use two and one-half cups of ground popped corn; pour into buttered pan and when partly cold, mark into squares.

**Coffee Fudge**

2 cups granulated sugar	1 tablespoon butter or
1 cup strong coffee	1 tablespoon rich cream

Speck of salt

Boil together until it forms a thread. Remove from fire and beat until smooth and creamy. Pour into buttered pan and mark into squares when partly cool.

**Maple Marshmallow Fudge**

Boil two cups maple syrup, three-fourths cup milk, and piece of butter size of egg until mixture reaches soft ball stage, then beat until creamy and pour into buttered pan containing cut-up marshmallows.

**Fruit Fudge**

3 cups granulated sugar	3 teaspoons cocoa
$\frac{1}{2}$ cup milk	1 tablespoon butter
$\frac{1}{2}$ cup chopped raisins	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{4}$ cup cocoanut	$\frac{1}{4}$ cup figs cut in small pieces

Boil sugar, cocoa, milk and butter until it forms soft ball in cold water, and then add fruit and nuts. Pour into buttered pan, and when partly cooled, mark into squares.

**Peanut Fudge**

3 cups brown sugar	1 cup milk
2 tablespoons peanut butter	

Boil sugar and milk until a soft ball can be formed in cold water. Take from the fire, add the peanut butter and beat until creamy. Pour into a buttered pan and mark in squares, when cool.

**Victoria Fudge**

$\frac{1}{4}$ cup cream or milk	$\frac{1}{4}$ cup each candied cherries, figs,
3 cups granulated sugar	and candied pineapple cut in
1 cup cocoanut	pieces
$\frac{1}{4}$ cup butter	

Boil, without stirring, cream, butter and sugar until it will form soft ball when tested in cold water. Take from fire, beat until creamy, then add the fruits cut in pieces and cocoanut. Flavor with rose or almond extract, and pour into buttered pan. Cut in strips when partly cool.

**Mocha Marshmallow Fudge**

$\frac{1}{2}$ cup very black coffee	$\frac{1}{8}$ teaspoon cream of tartar
2 cups dark brown sugar	$\frac{1}{2}$ teaspoon almond extract
$\frac{1}{2}$ tablespoon butter	$\frac{1}{8}$ teaspoon salt

9 fresh marshmallows

Combine the sugar, salt, cream of tartar, butter and coffee and simmer gently without stirring until a little dropped in cold water forms

a soft ball (238° Fahrenheit). Cool slightly, but do not let it set. Cut the marshmallows and add to the fudge. Add the flavor and beat until well mixed, smooth and creamy. Pour into a buttered dish and let set. Before it gets thoroughly set cut into squares.

### Divinity Fudge

2 cups sugar	$\frac{1}{2}$ cup hot water
$\frac{1}{2}$ cup corn syrup	2 egg whites
$\frac{3}{4}$ cup nuts	

Cook sugar, syrup and water together until a little dropped in cold water forms a soft ball (240 degrees F.). Beat egg whites until stiff. Take mixture off stove and pour slowly into stiffly beaten egg whites, stirring all the time. Add nuts and beat until stiff. Drop on oiled paper or buttered plate. (Can be prepared the day before.)

### Date and Peanut Goody

1 cup roasted peanuts	2 tablespoons fruit juice
1 cup stoned dates	

Put dates and nuts through meat chopper, using course blade, moisten with fruit juice, cool, roll into small balls and place on platter to harden.

### Marshmallows

2 tablespoons gelatine	$\frac{1}{2}$ cup hot water
2 tablespoons cold water	$\frac{1}{2}$ teaspoon cream tartar
2 cups sugar	1 egg white

Hydrate gelatine in cold water. Boil sugar and water and cream of tartar until it spins a thread. Pour hot syrup over hydrated gelatine, stirring continually. Add this mixture to beaten egg white, and beat until thick. Pour into pans well sprinkled with powdered sugar, and sift well over top.

### Pineapple Marshmallows

2 cups sugar	18 marshmallows
$\frac{1}{2}$ cup water	2 egg whites
$\frac{1}{4}$ cup honey	1 cup chopped candied pineapple

Heat the sugar, water and honey on a slow fire. Then boil rapidly until it threads. Add the marshmallows, cut in pieces and beaten whites of eggs. Beat until mixture is creamy, then add the candied pineapple. When quite firm, pour into an oiled pan and sprinkle with powdered sugar.

### Mexican Cocoanut Kisses

1 cup molasses	$2\frac{1}{2}$ to 3 cups shredded cocoanut
$\frac{1}{8}$ teaspoon soda	



Add soda to molasses and put on stove and boil until syrup reaches "soft ball" stage. Remove from fire, stir in cocoanut and beat until mixture begins to cool. Shape in small one inch balls.

### Mocha Walnuts

1 egg yolk	1 cup English walnut meats
1 teaspoon coffee extract	$\frac{1}{2}$ cup Irish potatoes
Confectioner's sugar	

Beat egg yolk to a cream, add potatoes, boiled, drained and forced through a sieve, as described before—and coffee extract. Gradually stir in confectioner's sugar until mass can be made into soft balls. Flatten these balls, press on walnut meats, and spread to dry. If desired for packing, dip them into crystal cooked to 220° Fahrenheit. To insure good surface and keep cream from drying out, it may be well to dip candy again after letting it dry for a day.

### Molasses Candy

1 cup molasses	1 tablespoon vinegar
1 cup brown sugar	2 teaspoons butter

Boil until it hardens when dropped in cold water, then add one teaspoon soda; mix quickly and pour into buttered pans. When cool enough to handle, pull and cut into sticks. Put nothing on hands while pulling; keep hands cool. Nut meats may be stirred into candy just before pouring into pans.

### Nut Bread Sandwich

Nut bread, sliced	Cream cheese
Guava paste	Lemon juice

Cream the cheese and season with lemon juice. Spread the cream cheese on thin slices of nut bread, and put a thin slice of the guava paste in each sandwich.

### Candied Orange Peel

Cut orange skin in quarters, cover with cold water, bring to boiling point and cook until soft. Drain, remove white portion and with scissors cut yellow into thin strips. Boil one-half cup sugar until syrup threads when dropped from tip of spoon. Cook strips in syrup five minutes, drain and coat with fine granulated sugar. The candied peel of grapefruit is done the same way.

### Fruit and Nut Paste

2 cups dates (after stoning)	1 teaspoon salt
1 cup peanut butter	Candied lemon or orange peel
A few currants	

Wash and dry dates and put through a food chopper. Add peanut butter and salt. Mix well. Take single spoonful and form into balls, shaped like small apples. Roll in a little sugar. Press into each a currant to represent the blossoms and a piece of peel for the stem.

### Potato Paste

$\frac{1}{2}$  cup prepared Irish potato  
Confectioner's sugar

1 teaspoon cornstarch  
Coloring

Flavoring

Steam or boil Irish potatoes, drain them, and force them through fine sieve,—the finer the better. With one-half cup Irish potato, so prepared, mix one teaspoon cornstarch. Gradually and carefully work in enough confectioner's sugar so that mixture can be rolled. The "fine sieve," be it noted, plays a conspicuous and important part in making of candy from vegetables. Moreover, it should be borne in mind that no vegetable particle will either soften in or cook up into syrup. While cooking, vegetable particles are just as individual as though they were in separate vessels, consequently they must be kept circulating as uniformly as is possible through syrup in order to prevent accumulation of masses of vegetable matter of sufficient bulk and weight to sink to bottom of sauce pan and cause mixture to burn. Moreover, should mixture escape burning, it would develop gluey spots that would make the finished product lacking in smoothness, that is the ideal of the candy-cook. Flavor and color this paste to suit, place it on surface well dusted with confectioner's sugar, and roll it to desired thinness. Cut it in shapes to suit. Cookie cutters or any other tin cutters may be used.

### Christmas Fruit Paste

1 tablespoon gelatine  
2 tablespoons cold water  
 $\frac{1}{2}$  cup corn syrup  
2 teaspoons cornstarch

$\frac{1}{2}$  cup raisins  
 $\frac{1}{2}$  cup dates  
 $\frac{1}{2}$  cup nuts  
1 tablespoon orange juice

Dissolve the corn starch in two tablespoons of cold water. Put the corn syrup in a granite kettle and heat it to the boiling point. Add the dissolved corn starch. Soak the gelatine in two tablespoons of cold water and one tablespoon of orange juice, for one-half hour. Add to it the hot syrup and remove from the fire. Stir until the gelatine is well dissolved. Add the nuts and fruits. Pour into cake-tin that has been well dusted with powdered sugar and corn starch (one-half of each). Cool and cut in three-fourth inch squares. Roll in powdered sugar.

### Pecan Pralines

1 lb. brown sugar	$\frac{1}{2}$ cup butter
2 cups whole pecan meats	$\frac{1}{4}$ cup water

Stir sugar, water, and butter together over slow fire until sugar is thoroughly dissolved. Add pecans and boil until thermometer registers 254° F. or until mixture forms hard ball when tested in cold water. Have ready large slab, clean and well oiled and drop mixture like pancakes, allowing them to spread out until about one-third inch thick and five inches in diameter. Work quickly.

### Pineapple Rings

Select pineapple that has been canned whole, and cut into rings one-fourth inch thick, or use sliced canned pineapple; simmer in thick syrup until it is firm and candied. Remove from syrup and place them in draining pan that has been well greased. When dry, dip the rings in melted sweet chocolate, and sprinkle with grated nut meats.

### Popcorn Marguerites

1 cup ground pop-corn	3 level tablespoons cornstarch
$\frac{1}{2}$ cup brown sugar	1 egg white
1 teaspoon salt	

Grind three cups freshly popped corn in food chopper. Combine with ground popcorn, sugar and corn starch. Add salt to egg whites and beat until very stiff. Add popcorn mixture gradually, then drop by teaspoons on well-oiled and floured baking sheet and bake in moderate oven until well browned. Puffed rice may be used in place of popcorn.

### Stuffed Prunes

$\frac{1}{2}$ lb. No. 64 prunes	$\frac{1}{2}$ cup chopped nut meats
2 tablespoons chopped citron	$\frac{1}{2}$ cup chopped raisins

Wash and soak prunes over night. In morning cook fruit until tender, and pits can be easily removed. Remove stones and stuff with chopped nuts and chopped fruits.

### Honey Puffs

3 cups sugar	1 cup cream
$\frac{1}{4}$ cup honey	1 egg white
$\frac{1}{2}$ cup nut meats	$\frac{1}{2}$ cup candied pineapple

Boil sugar and cream until it will almost thread, and add honey. When it reaches soft ball stage, take from fire and beat it into stiffly beaten white of an egg. Continue beating for one minute and add nuts and pineapple chopped. Beat until firm and creamy, and shape into balls between fingers with wet napkin, then cool. A speck of salt adds to flavor.

**Bean Taffy**

$\frac{1}{2}$ cup beans	1 cup milk
$\frac{1}{2}$ cup water	2 cups granulated sugar
1 tablespoon butter	

Bean taffy easily takes first rank among all taffies—vegetable or otherwise. The taste is good beyond words, and consistency is pleasantly “chewey” without being tenacious to point of teeth pulling! Lima beans are best to use as basis because skins can easily be removed, but ordinary dried beans may be substituted if care is taken. Cover beans with cold water, let them stand over night, next morning boil them until soft and force through fine sieve to remove all skins. Boil together the sugar, water, butter and one-half cup beans prepared as above. After mixture has boiled thoroughly, add one cup of milk. Add milk one-third at a time. Stir mixture and let it boil a few minutes after each addition of milk. When thermometer registers 242 degrees F., pour mass on to an oiled marble between oiled candy bars so that it will set about one-fourth inch thick. As with ordinary taffy, cut into pieces of desired size.

**Tutti-Frutti Candy**

1 cup figs	1 tablespoon candied citron
1 cup seeded raisins	$\frac{1}{4}$ teaspoon salt
1 cup dates	2 tablespoons fruit juice
1 cup hickory nut meats	$\frac{1}{4}$ teaspoon ground cloves

Wash figs, raisins and dates. Remove stones from dates, place fruits together with citron in wire sieve over kettle hot water. Keep covered and steam for ten minutes. Remove and allow to cool. Add nut meats and put all ingredients through a meat-chopper. Add fruit juice and cloves, mix thoroughly. Roll into small balls one inch in diameter.

**English Toffee**

2 cups brown sugar	4 tablespoons water
4 tablespoons molasses	2 tablespoons butter
3 tablespoons vinegar	

Mix ingredients in sauce pan. Stir until it boils and cook until brittle when tested in cold water. Pour into greased pan. Cut into squares before cool.

**Salted Almonds**

Blanch one-fourth pound almonds and dry on towel. Put one-third cup clear oil in very small sauce pan. When hot put in almonds and fry until delicate brown, stirring almonds constantly. Remove with spoon or skimmer, taking up as little oil as possible. Drain on

brown paper and sprinkle with salt. Cook rest same way, small quantity at a time.

### Almond Hardbake

Blanch some almonds and split them in two. Dry them in a moderate heat without coloring them. Lay them with the flat sides down on an oiled layer cake tin, entirely covering it. The almonds may be laid in regular order, like wreaths, or in groups like rosettes, if desired. Pour over the nuts enough sugar and water boiled to the crack to entirely cover them. Mark off squares or circles on the candy while it is warm and it can then be broken in regular pieces when cold.

### Caramelized Nuts

Boil one cup sugar and one-half cup water to the crack, or to the caramel, as preferred; add a few drops of lemon juice. Blanch a few almonds and dry without coloring them. Drop one at a time into the sugar; turn the almond until well covered without stirring the sugar; lift it out with bon bon fork and place on oiled paper or slab. Do not drain the nuts when lifting them out and enough sugar will remain to form a clearing of candy around each one. English walnuts, filberts, or any other nut may be used in the same way. They should be warm, so as not to chill the candy. The work should be done quickly. If the sugar becomes hard before the nuts are done, return it to the fire to heat. Add one teaspoon water if necessary and boil to the right degree again. If the sugar is boiled to the crack, the candy will be without color; if boiled to the caramel, it will be yellow.

### Dipped Walnuts

Melt fondant over hot water and flavor. Dip half of walnut as bon bon centers are dipped. Halves of pecans or whole blanched almonds may be similarly dipped.

### Creamed English Walnuts

For this use the large English Walnuts, cracking them carefully so as not to break the kernels. Remove each half in one piece and free it from all bits of shell.

Heat over boiling water half a pound of fondant, like that for which directions have been given. Flavor with a teaspoonful of vanilla extract; stir until it becomes creamy, and dip into it with a pair of small sugar tongs the half of the walnut. Lift it out carefully and lay on the waxed paper until it is dry.



## CHAPTER XXV

### INVALID COOKERY

**C**ARING for the invalid falls to the lot of a large majority of homemakers at some time. Very often the homemaker has much to do with the recovery of the invalid. Special foods must be cooked, appetites must be coaxed back to normal, and the patient must be catered to in every possible way.

The way in which food is served, has as much to do with the appetite in the sick room as the food itself. A simple dish of pudding can be made to look so attractive that the person for whom it is intended will be glad to take it no matter what it is. Daintiness is of primary importance. The tray must be attractive. The portions should be small. A large serving may look so overwhelming that the patient will not try to eat it. When hot liquids are served, they should be brought in a covered pitcher to be kept hot. By pouring it in the room, there is not the danger of spilling in carrying. Nothing so quickly mars the appearance of a tray as a saucer into which some of the liquid of the cup has been spilled.

Cold foods should have a cool, inviting look. If lemonade is to be served cold, it helps to have the glass look frosted. By keeping the dishes for cold foods in the refrigerator until they are needed, the foods can be made to look colder than they really are, which is an advantage as one can rarely give a patient a really thoroughly chilled drink.

There is a long list of special foods for the sick room, the cooking of which requires very special attention. Foods must be seasoned just right. The palate of the invalid is more sensitive than that of the normal person and the slightest bit of extra seasoning spoils the food.

Monotony should be avoided, even if only the garnish on the food is changed. When the diet is so limited that great variation is not possible, it sometimes helps to change the dishes with which the patient is served. A bit of parsley in place of other garnish makes the plate look a little different. Cress, too, makes an attractive garnish. Where the garnish cannot be added to the food, a bit of some fresh green laid beside the plate gives a festive appearance.

Between meals all food should be removed from the sick room. It saves work possibly to keep some things on hand in the sick room, but it makes a tremendous difference to the patient to have everything

brought in fresh each time. Special care should be taken that no liquid food is ever served in the glass which has contained medicine. Even if the glass has been thoroughly washed, it may have a slightly unpleasant taste or odor. The sick room glassware should be kept apart from the serving dishes. Every little thing that counts for so much and plays so large a part in the life of a patient, would seem of no importance to a normal person.

To be sure that everything is getting proper attention, reserve a place in the refrigerator and in the cupboard for only the sick room supplies.

### Lemonade

1 lemon ½ pint cold water  
2 or 3 lumps sugar

Rub the sugar over the rind of the lemon to extract a little of the flavor. Squeeze the lemon juice over the sugar, add the water and stir till the sugar is dissolved. If the lemon is very large a little more water may be used. A thin slice of lemon may be cut off before squeezing and placed in the glass with lemonade.

### Barley Water

2 tablespoons pearl barley ½ teaspoon salt  
1 quart cold water Juice of ½ lemon  
Also a little sugar, if desired

Wash the barley, pour the water over it and soak for several hours. Add salt and cook in a double boiler for at least three hours. Strain through cheese cloth or a fine strainer, flavor with lemon, and add sugar if desired.

### Toast Water

2 slices stale bread, toasted 1 cup boiling water  
½ teaspoon salt

Toast the bread until golden brown and dry all through, or dry it in a moderately hot oven till golden brown and crisp. Pour the boiling water over it and add the salt; cover and set aside until cool. Strain, and serve hot or cold. Some add milk, cream and sugar, and serve hot in place of tea or coffee.

### Junket Eggnog

1 egg 2 teaspoons sugar  
1 cup milk ½ junket tablet  
½ teaspoon vanilla

Separate the white from the yolk of the egg; add the sugar and vanilla to the yolk, then blend with the white. Have the milk luke-



and stand in a saucepan of cold water; let it heat slowly to 140° Fahrenheit and cook two hours; strain and season. It is better to have the jar raised from the bottom of the saucepan, that it may not come in too close contact with the heat of the range. Beef tea may be served hot, frozen, or in the form of a jelly. The latter consistency is obtained by the addition of one scant teaspoon of granulated gelatine soaked five minutes in a tablespoon of cold water, and added to the beef tea as soon as it is strained. Stand in a cool place until set.

### Beef Juice

$\frac{1}{2}$  lb. top round of beef

Pinch of salt

Broil the meat for about two minutes "to start" the juices, then press all the liquid from it with a meat press or an old fashioned wooden lemon squeezer. Serve in a warm cup, add salt to taste, and serve. This will not keep; it must be prepared fresh for each serving.

### Oatmeal Gruel

1 cup water or milk

2 tablespoons oatmeal or rolled  
oats

Have the water or milk actively boiling, shake the oats into it and cook fifteen minutes. Then place over hot water (a double boiler is best) and cook one hour. If the gruel is made with milk, add the salt just before serving; with water it may be put in earlier. Strain if desired to remove the particles of oats.

### Cornmeal Gruel

$1\frac{1}{2}$  cups water

2 tablespoons cornmeal  
 $\frac{1}{3}$  teaspoon salt

Have the water salted and actively boiling, shake the meal gently into it and cook twenty minutes, stirring constantly; then turn the whole into a double boiler and cook two hours.

### Puffed Egg

1 egg

Pinch of salt

Separate the yolk from the white of the egg and beat the latter to a stiff froth, adding the salt. Turn into a cup and place in a steamer or vessel containing enough water to come halfway up the sides of the cup. Steam three minutes and if at the end of that time it looks puffy, drop the unbroken yolk into the center of the white, replace the cover of the pan and cook till the yolk is nearly set. Serve in the cup in which it is cooked.

## Custard Souffle

2 level teaspoons butter	$\frac{1}{2}$ cup milk
2 level teaspoons flour	1 egg
1 tablespoon sugar	

Melt the butter, add the flour and blend smoothly, without browning. Pour in the milk and cook three minutes after boiling point is reached. Separate the white from the yolk of the egg and beat each. Pour hot mixture (let it cool a little) over the yolk, put in the sugar and fold in gently the stiffly beaten white. Turn into two greased cups and bake in a steady oven till firm—about fifteen minutes. Serve at once, with or without sauce.

## Egg Cream

2 eggs	Grated rind and juice of $\frac{1}{2}$ lemon
2 tablespoons sugar	
2 tablespoons water	

Separate the whites and yolks of the eggs, and beat the yolks with the sugar till well blended; add the lemon juice, rind and water, and cook in a double boiler, stirring constantly until the mixture begins to thicken. Add whites of eggs beaten thick, and cook until the mixture resembles thick cream. Cool, and serve in small individual cups.

## Irish Moss

$\frac{1}{2}$ cup Irish moss	1 tablespoon sugar
3 cups milk	$\frac{1}{2}$ teaspoon vanilla or other flavoring

Wash and pick over the moss carefully, add it to the milk in a saucepan, and simmer the two until the moss begins to dissolve. A double boiler is preferable as it prevents too rapid cooking. In about twenty minutes, if the moss is dissolving, strain through cheese cloth, add sugar and flavoring, and turn into wet moulds or cups to cool. Serve with cream and sugar.

## Savory Custard

1 cup beef tea or good stock (chicken or beef)	2 eggs
	$\frac{1}{6}$ teaspoon salt
Pepper	

Beat the eggs till light but not foamy; add salt and pepper. Have the beef tea or stock hot and pour it over the eggs. Strain into greased cups or small moulds, and cover each with greased paper. Stand the moulds in a vessel of hot water and cook gently, either in the oven or over the fire, until the custard is set. As soon as the knife blade inserted in the custard comes out clean (not milky looking), remove



from the fire. Unmould and serve hot or cold. Do not let the water surrounding moulds boil or the custard will be toughened and unattractive, as well as less digestible.

### Manhattan Cream

5 eggs	3 cups milk
1 cup sugar	1½ tablespoons vanilla
½ teaspoon salt	1½ cups heavy cream

Make a custard of the egg yolks, sugar, salt and milk. Add vanilla, whites of eggs beaten until stiff, and cream which has been whipped. Freeze and mold in brick form.

### Dainty Pudding

Thin slices of stale bread without crust	Fresh, hot stewed fruit sweetened to taste
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Custard or cream

Cut the bread into pieces about three inches long and an inch wide. Line a cup with the pieces fitted closely together; fill with hot, deep-colored fruit, and place more bread over the top. Place a plate over the pudding, put a weight on the plate, and set aside until cool. Turn out; serve with cream or custard.

### Tapioca Jelly

½ cup tapioca	Juice and grated rind of half lemon
1½ cups water	½ teaspoon vanilla extract
½ cup sugar	

Have the water at the boiling point in a double boiler, shake in the tapioca gently and cook for one hour; strain if desired clear, or the tapioca may be left in. Add the sugar, lemon juice and rind, and when cool, the extract.

### Beef Cakes

½ lb. very lean round steak	Salt and pepper
Toast	

Cut the meat into strips, remove every particle of fat, and scrape the pulp from the fibre of the meat. Season lightly. Form into very small balls or cakes, and broil about two minutes. Serve on rounds of buttered or dry toast.

### Scraped Beef Sandwiches

½ lb. very lean steak	Plain or buttered bread or toast
Salt and pepper	

Remove all fat, cut the meat into strips, scrape the pulp from the fibre, and season. Spread on thin slices of bread or toast, buttered or plain; cover with another slice, and cut into small strips.



# INDEX

## A

Additions, to Dress Up Omelet, 169.  
 Alaska, Baked, 247.  
 Albuminized Milk, 292.  
 Alexandria Pork, 96.  
 Allegretti Apples, 217.  
 Almond, Cake Torte, 68.  
     Cream Filling, 87.  
     Filling, 88.  
     Hardbake, 289.  
     Pastry, 77.  
 Almonds, Salted, 288.  
 Anchovy and Cheese Canapes, 163.  
 Angel Food Cake, 52.  
     Cocoa Cake, 52.  
 Apple and Cheese Betty, 163.  
     Brown Betty, 224.  
     Cake, 58.  
     Coffee Cake, 33.  
     Dumplings, 49.  
     Pie, 78.  
     Pudding, 225.  
     Sauce Cake, 58.  
     Souffle, 230.  
     Tart, Creamed, 83.  
     Whip, 217.  
 Apples, Allegretti, 217.  
 Apricot and Prune Salad, 200.  
     Sauce, 230.  
 Artichoke a la Provençal, 175.  
 Artichokes, 175.  
     Jerusalem, 176.  
     Scalloped, Jerusalem, 176.  
 Asparagus, 176.  
     Cheese Salad, 194.  
     Creamed, 176.  
     Vinaigrette, 194.  
 Aspic Jelly No. 1, 209.  
     Jelly No. 2, 209.  
     Of Chicken, 209.

## B

Bacon and Apples, 99.  
     Cups, 99.  
     Patties, 101.

Baked Alaska, 247.  
     Banana, Sauce, 233.  
     Bean Soup, 143.  
     Beans, Home, 177.  
     Beans, Lima, 176.  
     Blue Fish, 127.  
     Brown Bread, 47.  
     Custard, 253.  
     Hash, 157.  
     Honey Custard, 217.  
     Lemon Dumplings, 227.  
     Lentils, 181.  
     Lima Beans, 176.  
     Macaroni, with Cheese, 210.  
     Okra, 183.  
     Pork Tenderloin, 96.  
     Salt Fish, 126.  
     Salt Mackerel, 126.  
     Soup, 143.  
     Tomato, Eggs, 171.  
 Baking Powder Biscuits, 37.  
 Bangor Brownies, 73.  
 Barley Soup, 142.  
     Water, 291.  
 Batter Pudding, with Coffee Nut  
     Sauce, 225.  
 Bavarian Rings, 74.  
 Bean Croquettes, 210.  
     Loaf, 210.  
     Souffle, 211.  
     Soup (Black), 142.  
     Taffy, 288.  
 Beans, Baked (Home), 177.  
     Baked, Lima, 176.  
     Lima, and Mushrooms, 177.  
     Lima, and Pimiento Head Cheese,  
         177.  
     Lima, Puree of, 144.  
     String, German Fashion, 177.  
 Bearnaise, 232.  
 Beaten Biscuits, 38.  
 Bechamel Sauce, 233.  
 Beef and Sago Broth, 292.  
     Braised, 93.  
     Cabbage Rolls, 94.  
     Cakes, 295.

- Beef, Corned, 94.  
     Croquettes, Egyptian, 95.  
     Goulash, Hungarian, 94.  
     Gravy (Grillades in), 93.  
     Hash, 92.  
     Hash Pudding, 92.  
     Juice, 292.  
     Juice, 293.  
     Meat Cakes (or Hamburg steak), 95.  
     Meat Pie (Baltimore), 95.  
     Puree, 139.  
     Roast, 90.  
     Roast, Pot, 90.  
     Russian Roll, 91.  
     Salad, 199.  
     Scotch Roll, 91.  
     Steak, Broiled, 93.  
     Steak, Chopped (en Casserole), 91.  
     Steak, Creole, 94.  
     Steak, Pan Broiled, 90.  
     Steak, Parisian Round, 90.  
     Steak, Stewed, 91.  
     Stew, 92.  
 Beets, 178.  
     Pickled, 178.  
 Beverages, 265-273.  
     Broadway Cup, 266.  
     Cafe au Lait, 267.  
     Choca, 267.  
     Chocolate, 268.  
     Chocolate, Hot, 268.  
     Cocoa, 267.  
     Cocoa Egg Nog, 267.  
     Coffee, Boiled, 266.  
     Coffee, Black or After Dinner, 267.  
     Coffee, Filtered, 267.  
     Coffee, Perfection, 267.  
     Dry State Punch, 270.  
     Frosted Root Beer, 266.  
     Fruit Frappe, 268.  
     Fruit Punch, 270.  
     Mint Cordial, 269.  
     Mint Cup, 269.  
     Mulled Cider, 266.  
     Ginger Frappe, 268.  
     Grape Juice, 269.  
     Grape Lemonade, 269.  
     Lemon Ginger Cup, 268.  
     Lime Punch, 270.  
     Loganberry Punch, 271.  
     Peppermint Lemonade, 270.  
     Pineapple Punch, 271.  
 Beverages, Raspberry Vinegar, 271.  
     Southern Limeade, 269.  
     Tea, 271.  
     Tea, Iced, 272.  
     Tea Punch, 271.  
 Birds' Nests, 100.  
 Biscuits (Baking Powder), 37.  
     Beaten, 38.  
     Bread, 23.  
     Drop, Potato, 26.  
     Emergency, 38.  
     Raisin, Drop, 38.  
     Tea, Salad Rolls, 28.  
     Tea, with Potato, 29.  
 Bittersweet Cake, 60.  
     Icing, 60.  
 Bitter-Sweets, 279.  
 Bisque of Crab, 140.  
 Black Bean Soup, 142.  
 Black Butter Sauce, 232.  
 Black or After Dinner Coffee, 267.  
 Blueberry Pudding, 225.  
     Tea Cake, 58.  
 Boiled Chicken, 116.  
     Coffee, 266.  
     Custard, 253.  
     Dinner, 155.  
     Fish, 124.  
     Frosting, 85.  
     Leg of Mutton, 107.  
     Rice, 188.  
     Salad Dressing, 204.  
 Bolivars, Ginger, 67.  
 Bouillabaise, 141.  
 Brains, Calf's, 111.  
 Braised Beef, 93.  
     Breast of Lamb, 105.  
     Leg of Mutton, 108.  
     Tongue, 110.  
     Turkey, 119.  
 Brambles, 81.  
 Bran Bread, 22.  
 Bread Biscuits, 23.  
     Boston Brown, Steamed, 47.  
     Bran, 22.  
     Brown, Baked, 47.  
     Brown, Steamed, 47.  
     Cocoa, 21.  
     Coffee, 32.  
     Date, 50.  
     Fruit, 29.  
     Gluten, 22.  
     Graham, 21.

- Bread, Graham, 23.
    - Nut, 23.
    - Nut, and Raisin, 50.
    - Nut, Quick, 49.
    - Pudding, 224.
    - Raisin, 22.
    - Rye, 21.
    - Sauce, 232.
    - Scotch, Short, 84.
    - White, Quick Method, 20.
    - White, Sponge Method, 20.
    - Whole Wheat or Graham, 21.
  - Breads, Quick, 36-50.
  - Breakfast Bacon No. 1, 99.
    - Bacon No. 2, 99.
    - Sausage, 95.
  - Breakfast Menus, 14.
    - Sample Menu, 16.
  - Breast of Chicken, Fried, 117.
  - Breast of Mutton with Tomatoes, 107.
  - Breast of Veal, 102.
  - Brides' Cake No. I, 55.
  - Brides' Cake No. II, 56.
  - Brioche, 32.
  - Broadway Cup, 266.
  - Broiled Beefsteak, 93.
    - Chicken, 116.
    - Crabs, 132.
    - Fish, 124.
    - Halibut, 127.
    - Ham, 98.
    - Kidney, 110.
    - Liver, 111.
    - Meat Cakes or Hamburg Steak, 95.
    - Oysters, 130.
    - Pork Tenderloin, 97.
    - Rabbit, 119.
    - Scrod, 127.
    - Sweetbreads, 210.
  - Broiling Time for Chicken, 10.
    - For Fish, 10.
    - For Steak, 10.
  - Brook Trout, 125.
  - Broth, Clam, 140.
    - Mutton, 139.
  - Brown Betty, 224.
    - Betty, Apple, 224.
    - Bread, 47.
    - Fricassee of Oysters, 131.
    - Muffins, 34.
    - Sauce, 232.
    - Soup Stock, 138.
  - Brownies, Bangor, 73.
  - Buckwheat Cakes, 35.
  - Buns and Rusks, 26.
    - Currant, 24.
    - English Bath, 24.
    - Hot Cross, 24.
    - Sweet French, 25.
  - Burnt Almond Ice Cream, 245.
  - Butter Dressing, 204.
    - Nut Fruit Cake, 62.
    - Scotch Cookies, 69.
    - Scotch Rolls, 37.
  - Buttermilk Cream, 245.
- C
- Cabbage Relish, 195.
    - Rolls, 94.
    - Rolls, 97.
    - Salad, 195.
    - Stuffed, 178.
  - Cafe au Lait, 267.
  - Frappe, 250.
  - Cake, 51-75.
    - Angel Food, 52.
    - Angel Food, Cocoa, 52.
    - Apple, 58.
    - Apple Coffee, 33.
    - Apple Sauce, 58.
    - Bitter Sweet (Devil's Food), 60.
    - Bride's, No. I, 55.
    - Bride's, No. II, 56.
    - Butternut Fruit, 62.
    - Chocolate Ice Box, 249.
    - Chocolate Loaf, 60.
    - Chocolate Walnut, 60.
    - Cinnamon, 33.
    - Clove, 63.
    - Cocoa, 61.
    - Cocoa Angel Food, 52.
    - Coffee, 63.
    - Coffee, Company, 31.
    - Coffee, Raised, 31.
    - Corn with Suet, 47.
    - Dark Wedding (Christmas Fruit Cake), 62.
    - Date, 63.
    - Delicate, 54.
    - Devil's Food (Bitter Sweet), 60.
    - Economy, 55.
    - Feather, 54.
    - Fruit, 61.
    - Golden, 56.
    - Golden Corn, 45.
    - Hickory Nut, 57.



- Cake, Ice Cream, 56.  
   Italian with Mocha Frosting, 59.  
   Johnny, 46.  
   Lemon, 57.  
   Loaf (Chocolate), 60.  
   Lunch, 55.  
   Maple Sugar, 59.  
   Maraschino Cherry, 58.  
   Metropolitan, 63.  
   Nut Loaf, 56.  
   Old Fashioned Sour Cream, 55.  
   Pound, 55.  
   Skillet or Upside Down, 54.  
   Sponge, 52.  
   Sponge, Hot Water, 53.  
   Sponge Loaf (Honey), 52.  
   Spice, 63.  
   Sunshine, 53.  
   Tea, Blueberry, 58.  
 Cakes, Buckwheat, 35.  
   Cheap, Ginger, 45.  
   Corn and Rice, 41.  
   Corn Meal and Hominy, 46.  
   Fancy, Mocha, 65.  
   Ginger, Cheap, 45.  
   Griddle, Canned Corn, 41.  
   Griddle, Corn Meal, 35.  
   Griddle, No. 1, 40.  
   Griddle, No. 2, 40.  
   Griddle, No. 3, 41.  
   Hominy and Corn Meal, 46.  
   Honey, 64.  
   Mocha, 53.  
   Orange, Economy, 59.  
   Rice and Corn, 41.  
   Roxbury, 65.  
   Tea, Lancashire, 29.  
   Tea, Rich Little, 74.  
 Calf's Brains, 111.  
   Croquette, 211.  
   Foot Jelly, 254.  
   Head, or Mock Turtle Soup, 141.  
   Heart, 111.  
 Canapes, Cheese, 163.  
 Candied Orange Peel, 285.  
 Candy Temperatures, 278.  
 Candy and Nuts, 277-290.  
   Almond Hardbake, 289.  
   Bean Taffy, 288.  
   Bitter-Sweets, 279.  
   Candied Orange Peel, 285.  
   Candy Temperatures, 278.  
   Caramelized Nuts, 289.  
   Candy and Nuts, Cherry Foams, 280.  
   Chocolate Caramels, 280.  
   Chocolate Chips, 280.  
   Chocolate Coated Nuts, 280.  
   Christmas Fruit Paste, 286.  
   Cocoa Coating, 278.  
   Cocoanut Balls (Holiday), 278.  
   Coffee Bonbons, 279.  
   Coffee Chocolate Caramels, 280.  
   Coffee Fudge, 283.  
   Cooked Potato Fondant, 282.  
   Creamed English Walnuts, 289.  
   Date and Peanut Goody, 284.  
   Dipped Walnuts, 289.  
   Divinity Fudge, 284.  
   English Toffee, 288.  
   Fondant Logs, 282.  
   Fruit and Nut Paste, 285.  
   Fruit Balls, 278.  
   Fruit Fudge, 283.  
   Hard Candies, 279.  
   Honey Puffs, 287.  
   Maple Marshmallow Fudge, 283.  
   Marshmallows, 284.  
   Mexican Cocoanut Kisses, 284.  
   Mocha Marshmallow Fudge, 283.  
   Mocha Walnuts, 285.  
   Molasses Candy, 285.  
   Molasses Puffed Rice Bar, 279.  
   Nut Bread Sandwich, 285.  
   Peanut Brittle, 279.  
   Peanut Fudge, 283.  
   Pecan Pralines, 287.  
   Pineapple Marshmallows, 284.  
   Pineapple Rings, 287.  
   Popcorn Balls, 278.  
   Popcorn Fudge, 282.  
   Popcorn Marguerites, 287.  
   Potato Fondant, Uncooked, 282.  
   Potato Paste, 286.  
   Prunes, Stuffed, 287.  
   Salted Almonds, 288.  
   Taffy, 279.  
   Tutti-Frutti Candy, 288.  
   Uncooked Coffee Fondant, 281.  
   Victoria Fudge, 283.  
   White Fondant, 287.  
 Canned Cherry Pudding, 223.  
 Canned Corn Griddle Cakes, 41.  
 Caper Sauce, 233.  
 Caramel Frosting, 85.  
   Mousse, 252.  
   Or Browned Sugar Sauce, 238.

- Caramelized Nuts, 289.
- Caramelized Rice and Apple Pudding, 217.
- Carrot Pudding, 223.
- Cases, Patty, 82.
- Casserole, Fish, 129.
- Italian Roast, 154.
- Steak, 91.
- Tongue, 109.
- Veal, 104.
- Catsup, Currant, 257.
- Tomato, 257.
- Cauliflower, 178.
- Cream Soup, 149.
- Fried, 179.
- Salad, 196.
- Celery, Creamed, Almonds, 179.
- Fried, 179.
- Stewed, 179.
- Cereals, Cooking Time for, 11.
- Charlotte Russe No. 1, 221.
- Charlotte Russe No. 2, 221.
- Charlotte, Orange, 254.
- Cheap Ginger Cakes, 45.
- Cheap Vanilla Ice Cream, 245.
- Cheese, 162.
- And Tomato Rarebit with Bacon, 160.
- Au Gratin, 164.
- Balls, 163.
- Betty, Apple, 163.
- Canapes, 163.
- Canapes, Anchovy, 163.
- Cream Toast, 164.
- Dreams, 164.
- Fondue, 160.
- Fondue, 165.
- Fritters, 164.
- Muffins, 34.
- Pie, 82.
- Pudding, 222.
- Pudding, 223.
- Ramequins, 165.
- Relish, 165.
- Salad, 202.
- Souffle, 164.
- Soup, 149.
- Straws, 83.
- Straws, 164.
- Toast Sandwiches, 160.
- Tomato, Toast, 165.
- Cherry and Cheese Salad, 200.
- Foams, 280.
- Cherry or Blueberry Muffins, 44.
- Pudding, 225.
- Relish, 263.
- Tart, 83.
- Chestnut Cream, 222.
- Soup, 147.
- Stuffing, 122.
- Chicken a la Marengo, 116.
- And Corn Pudding, 211.
- And Lamb Fricassee, 118.
- Boiled, 116.
- Breast of, Fried, 117.
- Broiled, 116.
- Club Sandwich, 274.
- Creamed, Patties, 215.
- Croquettes No. 1, 213.
- Croquettes No. 2 (with Brains), 214.
- Croquettes No. 3, 214.
- En Casserole (Russian), 119.
- Force meat (White), 213.
- Fricassee, 117.
- Fried, 115.
- Gumbo, 157.
- Jellied, 118.
- Liver Omelet, 170.
- Liver Sandwiches, 274.
- Livers, Sauted, 158.
- Pie, 117.
- Pudding, 211.
- Quenelles, 213.
- Rissoles, 212.
- Roast, 115.
- Salad, 199.
- Saute a la Creole, 117.
- Souffle, 212.
- Steamed, 116.
- Timbales, 214.
- Turn-Over, 212.
- Chiffonade Dressing, 206.
- Chili, 156.
- Dressing, 206.
- Sauce No. 1, 264.
- Sauce No. 2, 264.
- Chipped Pears, 261.
- Choca, 267.
- Chocolate Caramels, 280.
- Chips, 280.
- Coated Nuts, 280.
- Eclairs, 66.
- Filling, 85.
- Hot, 267.

- Chocolate Ice Box Cake, 249.  
   Ice Cream, 246.  
   Icing, 85.  
   Jumbles, 73.  
   Loaf Cake, 60.  
   Meringue Pie, 81.  
   Mocha Frosting, 86.  
   Mousse, 252.  
   Nut Parfait, 250.  
   Sauce, 236.  
   Syrup, 86.  
   Walnut Cake, 60.  
 Chopped Raw Pickle, 260.  
   Steak en Casserole, 91.  
 Chowder, Clam, 149.  
   Corn, 149.  
   Corn and Potato, 150.  
   Dixie, 150.  
   Split Pea, 150.  
 Christmas Dinner, Sample Menu, 13.  
   Fruit Paste, 286.  
   Pudding, 226.  
 Chutney, 264.  
 Cinnamon Cake, Old Fashioned, 33.  
   Rolls, 31.  
   Rolls, 38.  
 Clam Broth, 140.  
   Broth, 292.  
   Chowder, 149.  
   Fricassee, 161.  
   Minced, 161.  
   Pie, 133.  
   Toast, 133.  
 Clotted Cream, 254.  
 Clove Cake, 63.  
 Cobbler Peach, 50.  
 Cocoa, 267.  
   Angel Food Cake, 52.  
   Bread, 21.  
   Cake, 61.  
   Coating, 278.  
   Egg Nog, 267.  
 Coconut Cream Cookies, 72.  
   Puffs, 66.  
 Codfish Balls, 126.  
 Coffee Bonbons, 279.  
   Bread, 32.  
   Cake, 63.  
   Cake, Company, 31.  
   Cake, Raised, 31.  
   Chocolate Caramels, 280.  
   Coffee Fudge, 283.  
   Ice Cream, 246.  
   Coffee, Jelly, 222.  
     Jelly, 254.  
     Parfait, 250.  
   Cold Slaw, 195.  
   Company Coffee Cake, 31.  
   Concordia Bacon and Tomato, 101.  
     Swiss Chard, 189.  
   Conserve, 257.  
     Grape, 257.  
     Harlequin, 258.  
     Plum, 257.  
   Cooked Potato Fondant, 282.  
   Cookies, Butterscotch, 69.  
   Coconut Cream, 72.  
   Date, 71.  
   Eggless, 74.  
   Ginger (Hutty Cutty), 68.  
   Ginger, Soft, 68.  
   Grandmother's, 70.  
   Oatmeal and Fig, 70.  
   Old Fashioned Sour Cream, 70.  
   Peanut, 72.  
   Plain, 69.  
   Sugar, 69.  
 Cooking Terms Defined, 13.  
   Time for Cereals, 11.  
   Time for Meats and Fish, 10.  
   Time for Vegetables, 11.  
 Corn a la Southern, 180.  
   And Hominy Cakes, 46.  
   And Potato Chowder, 150.  
   And Rice Cakes, 41.  
   Bread, Best I Know, 46.  
   Bread, Virginia Spoon, 46.  
   Cake, Golden, 45.  
   Cake, with Suet, 47.  
   Canned, Griddle Cakes, 41.  
   Chowder, 149.  
   Dodgers (Richmond), 42.  
   Fritters and Bacon, 101.  
   Meal Cakes and Hominy, 46.  
   Meal Griddle Cakes, 35.  
   Meal Gruel, 293.  
   Meal Scones, 42.  
   Muffins, 44.  
   Muffins with Dates, 44.  
   Popovers, 47.  
   Pudding, 179.  
 Corned Beef, 94.  
 Cottage Cheese Soup, 147.  
   Pudding, 226.  
 Crab, Mock, 180.

Crabs, Broiled, 132.  
     Deviled, 132.  
     Fried, Soft Shell, 132.  
 Cranberry Frappe, 250.  
     Ice, 251.  
     Marmalade, 259.  
     Relish, 263.  
     Sherbet, 251.  
 Cream Cheese Salad, 202.  
     Filling, 86.  
     Mayonnaise Dressing, 206.  
     Of Asparagus Soup, 147.  
     Of Cabbage Soup, 148.  
     Of Cauliflower Soup, 149.  
     Of Farina Soup, 148.  
     Of Tomato Soup, 148.  
     Pie, 78.  
     Puffs, 65.  
     Salad Dressing, 206.  
     Sauce, 234.  
     Soups, Foundation, 148.  
 Creamed Apple Tart, 83.  
     Asparagus, 176.  
     Celery, Almonds, 179.  
     Chicken Patties, 215.  
     English Walnuts, 239.  
     Oysters, 130.  
 Creamy Sauce, 234.  
 Creole Rice, 188.  
     Steak, 94.  
 Croquette of Calf's Brains, 211.  
 Croquettes, Bean, 210.  
     Egyptian, 95.  
     New Potato, 186.  
     Rice, 229.  
     Tomato, 191.  
 Croustades of Bread, 213.  
 Croutons, 150.  
 Crullers, 49.  
 Crumpets, 28.  
 Cucumber Jelly Salad, 194.  
     Sandwich, 274.  
     Sauce, 233.  
 Cucumbers, Fried, 180.  
 Cumberland Sauce, 234.  
 Currant Buns, 24.  
     Catsup, 257.  
     Preserves, 262.  
     Pudding, 217.  
 Curried Eggs, 172.  
     Lentils, 181.  
     Rice, 212.

Curried Tomatoes, 192.  
     Vegetables with Rice, 188.  
 Custard, Baked, 253.  
     Boiled, 253.  
     Dainty Chocolate, 253.  
     Pie, 78.  
     Souffle, 294.  
 Cutlets, Veal, 102.

## D

Dainty Chocolate Custards, 253.  
     Pudding, 295.  
 Darne of Salmon, 128.  
 Date and Nut Pudding, 223.  
     And Peanut Goody, 284.  
     Bars, 71.  
     Bread, 50.  
     Cake, 63.  
     Cookies, 71.  
     Filling, 71.  
     Filling, Cake, 63.  
     Muffins, 43.  
     Rocks, 71.  
     Salad, 201.  
     Torte, 66.  
 Delicate Cake, 54.  
 Desserts, Frozen, 243-253.  
 Devilled Crabs, 132.  
     Eggs, 158.  
     Fowl, 118.  
     Oysters, 131.  
     Sandwiches, 274.  
     Tomatoes, 159.  
 Devil's Food Cake, 60.  
 Devil's Pie, 128.  
 Dinner, Boiled, 155.  
     Menus, Discussion, 15.  
     Sample Menus, 17.  
 Dipped Walnuts, 289.  
 Divinity Fudge, 284.  
 Dixie Chowder, 150.  
 Dodgers, 42.  
 Dodgers (Corn, Richmond), 42.  
 Dough, Risen (Sally Lunn), 27.  
 Doughnuts, Dropped, 48.  
     Favorite, 48.  
     New Hampshire, 30.  
     Raised, 30.  
     Sour Cream, 48.  
 Drawn Butter Sauce, 242.  
 Dropped Doughnuts, 48.  
 Drops, Maple Spice, 74.

Dry State Punch, 270.  
 Duck, Fruit Dressing for Roast, 122.  
     Roast, 120.  
 Ducks, Stuffing for No. 1, 122.  
     Stuffing for No. 2, 122.  
     Stuffing for No. 3, 122.  
 Dumplings, Apple, 49.  
 Dutchess Soup, 147.  
     For Stews, 49.

## E

Easter Dinner, Sample Menu, 18.  
 Easter Salad, 202.  
 Eclairs (Chocolate), 66.  
 Economy Cake, 55.  
     Ginger Gems, 65.  
     Orange Cakes, 59.  
     Soup Stock, 137.  
 Egg, Cream, 294.  
     Sauce, 234.  
 Egg Plant, Baked in Shell, 180.  
     Fried, 180.  
 Eggless Cookies, 74.  
     Pumpkin Pie, 80.  
 Eggs a la Livingstone, 172.  
     A la Suisse, 172.  
     Au Gratin, 172.  
     Baked, Tomato, 171.  
     Beauregard, 172.  
     Curried, 172.  
     Devilled, 158.  
     French Poached, 168.  
     Glazed, 171.  
     Griddled, 168.  
     Pickled, 172.  
     Poached, 168.  
     Scalloped, 168.  
     Scrambled, 168.  
     Scrambled with Tomatoes, 159.  
     Shredded, 171.  
     Stuffed, 171.  
     With Green Peppers, 159.  
 Egyptian Croquettes, 95.  
 Emergency Biscuits, 38.  
 En Casserole, Russian Chicken, 119.  
 English Bath Buns, 24.  
     Muffins, 34.  
     Toffee, 288.  
 Entrees, 208-216.  
     Aspic Jelly No. 1, 209.  
     Aspic Jelly No. 2, 209.  
     Aspic of Chicken, 209.  
     Bean Croquettes, 210.

Entrees, Bean Loaf, 210.  
     Bean Souffle, 211.  
     Calf's Brains, Croquette, 211.  
     Chicken and Corn Pudding, 211.  
     Chicken, Creamed, Patties, 215.  
     Chicken Croquettes No. 1, 213.  
     Chicken Croquettes No. 2 (with Brains), 214.  
     Chicken Croquettes No. 3, 214.  
     Chicken Force meat (White), 213.  
     Chicken Pudding, 211.  
     Chicken Quenelles, 213.  
     Chicken Rissoles, 212.  
     Chicken Souffle, 212.  
     Chicken Timbales, 214.  
     Chicken Turn-over, 212.  
     Croustades of Bread, 213.  
     Macaroni, Baked, with Cheese, 210.  
     Rice, Curried, 212.  
     Sweetbreads, Broiled, 210.  
 Equipment, Kitchen, 7.

## F

Fairy Pudding, 218.  
 Family Income, Distribution of, 5.  
 Fancy Mocha Cakes, 65.  
 Favorite Doughnuts, 48.  
 Feather Cake, 54.  
 Fig and Date Pudding, 223.  
     And Nut Filling, 81.  
     And Oatmeal Cookies, 70.  
     Filling, 71.  
     Sandwiches, 275.  
 Fillet of Veal, 104.  
 Filling, Almond, 88.  
     Almond Cream, 87.  
     Brambles, 81.  
     Cake, Date, 63.  
     Chocolate, 85.  
     Cream, 86.  
     Date, 63.  
     Date, 71.  
     Fig, 71.  
     Fig and Nut, 81.  
     Fruit, 87.  
     Lemon, 57, 67, 72, 86.  
     Maple, 59.  
     Rhubarb Short Cake, 40.  
     Sour Cream 87.  
 Filtered Coffee, 267.  
 Finger Rolls, 27.  
 Fish, 123.  
     Au Gratin, 129.



- Fish, Blue, Baked, 127.  
     Boiled, 124.  
     Broiled, 125.  
     Casserole of, 129.  
     Clam Pie, 133.  
     Clam Toast, 133.  
     Cod Balls, 126.  
     Cod or Haddock, Fried Fillet of, 125.  
     Cod, Scalloped, 128.  
     Crabs, Broiled, 132.  
     Crabs, Devilled, 132.  
     Crabs, Fried Soft Shell, 132.  
     Crabs, Soft Shell, 132.  
     Devily Pie, 128.  
     Fricassee, Hungarian, 125.  
     Fried, 124.  
     Frogs' Legs a la Mariniere, 129.  
     Frogs' Legs Sautéd, 129.  
     Halibut, Broiled, 127.  
     Halibut, Maitre d'Hotel, 127.  
     Lobster a la Newburg, 133.  
     Lobster Souffle, 133.  
     Lobster, Stewed, 134.  
     Mackerel, Baked, Salt, 126.  
     Oyster Short Cake, 131.  
     Oysters, Broiled, 130.  
     Oysters, Brown, Fricassee of, 131.  
     Oysters, Creamed, 130.  
     Oysters, Devilled, 131.  
     Oysters, Fried, 130.  
     Oysters, Grilled, 130.  
     Oysters on the Half Shell, 130.  
     Oysters, Scalloped, 131.  
     Oysters, Spindled, 131.  
     Oysters, White Fricassee of, 132.  
     Salad, 203.  
     Salmon, Darne of, 128.  
     Salmon Loaf, Finnish, 129.  
     Salmon, Planked, with Potato Balls, 128.  
     Salt, Baked, 126.  
     Scallops in Shell, 135.  
     Scallops, Spindled, 134.  
     Scrod, Boiled, 127.  
     Shad or Whitefish, Planked, 127.  
     Shad, Roe, 127.  
     Shrimp Fricassee, 134.  
     Shrimps, 134.  
     Shrimps, Savory, in Chafing Dish, 134.  
     Small, Baked, 125.  
     Smelts, Fried, 125.  
     Fish, Steamed, 124.  
         Stuffed, Savory, 126.  
         Stuffing for Baked Fish No. 1, 135.  
         Stuffing for Baked Fish No. 2, 135.  
         Stuffing for Baked Fish No. 3, 135.  
         Trout, Brook, 125.  
     Floating Island, 218.  
     Fondant, Frosting, 88.  
         Logs, 282.  
     Force meat Balls, 151.  
         Chicken, White, 213.  
     Fowl, Devilled, 118.  
         To Cut Up, 114.  
         To Prepare for Broiling, 114.  
     Frappe, 250.  
         Cafe, 250.  
         Cranberry, 250.  
         Fruit, 268.  
         Grapefruit and Pineapple, 250.  
     French Dressing, 206.  
         Dressing with Roquefort Cheese, 206.  
         Fried Potatoes, 185.  
         Griddle Cakes, 41.  
         Poached Egg, 168.  
         Savarins, 32.  
         Twists, 28.  
     Fricandelles, 155.  
     Fricassee, Chicken, 117.  
         Chicken and Lamb, 118.  
         Clams, 161.  
         Hungarian, 125.  
         Of Brown Oysters, 131.  
         Of White Oysters, 132.  
         Shrimp, 134.  
         Veal, 104.  
     Fried Cauliflower, 179.  
         Celery, 179.  
         Chicken, 115.  
         Cucumbers, 180.  
         Egg Plant, 180.  
         Fillet of Cod or Haddock, 125.  
         Fish, 124.  
         Okra, 182.  
         Oysters, 130.  
         Pumpkin, 187.  
         Rabbit, 119.  
         Salt Pork, 96.  
         Smelts, 125.  
         Soft-Shell Crabs, 132.  
         Tripe, 112.  
     Frogs' Legs a la Mariniere, 129.  
     Frosted Root Beer, 266.

Frosting, Boiled, 85.  
     Caramel, 85.  
     Chocolate Mocha, 86.  
     Fudge, 88.  
     Mocha, 87.  
     Orange, 86.  
     Ornamental, 87.  
     Quick, 87.  
     Soft Mocha, 54.  
 Frozen Pudding, 248.  
 Fruit and Nut Paste, 285.  
     Balls, 278.  
     Bread, 29.  
     Cake, 61.  
     Cake, Butternut, 62.  
     Cake (Christmas), 62.  
     Crisp, 72.  
     Dressing for Roast Duck, 122.  
     Filling, 87.  
     Frappe, 268.  
     Fudge, 283.  
     Pudding, 248.  
     Punch, 270.  
     Sauce, 40.  
 Fudge, Divinity, 284.  
     Frosting, 88.

G

Garfield Butter, 257.  
 Gelatine Frosting, 86.  
     Of Veal, 105.  
 Gems, Economy Ginger, 65.  
     Molasses, 64.  
 German Potato Salad No. I, 196.  
     Potato Salad No. II, 196.  
 Giblets, to prepare, 115.  
 Ginger Bolivars, 67.  
     Cakes, 45.  
     Cookies (Hutty Cutty), 68.  
     Cookies (soft), 68.  
     Frappe, 268.  
     Gems, Economy, 65.  
     Snaps, 67.  
 Gingerbread, Maple, 45.  
     Plain, 44.  
     Soft, 44.  
     Sour Milk, 45.  
 Glacé Sugar, 87.  
 Glazed Eggs, 171.  
     Tongue with Tomato Sauce, 109.  
 Gluten Bread, 22.  
 Golden Cake, 56.  
     Corn Cake, 45.

Goody, Date and Peanut, 284.  
 Gooseberry Whip, 218.  
 Graham Bread, 21.  
     Bread, 23.  
     Muffins, 43.  
     Or Whole Wheat Bread, 21.  
     Puffs, 47.  
 Grandmother's Cookies, 70.  
 Grape Conserve, 257.  
     Jams, 258.  
     Juice, 269.  
     Lemonade, 269.  
     Marmalade, 259.  
 Grapefruit and Pineapple Frappe, 250.  
     Marmalade, 259.  
     Orange and Lemon Marmalade, 258.  
     Salad, 200.  
 Green Cucumber Pickles, 260.  
     Gage Meringue in Halves Cantaloupes, 221.  
     Grape Mint Jelly, 258.  
     Mayonnaise, 205.  
     Pea Salad, 194.  
     Pea Soup, 146.  
     Peppers, Eggs with, 159.  
     Tomato and Pepper Relish, 263.  
     Tomato Pickle, 262.  
     Tomato Pickles, 261.  
     Tomato Sweet Pickle, 262.  
     Turtle Soup, 142.  
 Griddle Cakes No. I, 40.  
     Cakes No. II, 40.  
     Cakes (Canned Corn), 41.  
     Cakes, Cornmeal, 35.  
     Cakes (French), 41.  
     Cakes with Rice, 41.  
 Griddled Eggs, 168.  
 Grillades in Gravy, 93.  
 Grilled Oysters, 130.  
 Gumbo, Chicken, 157.

## H

Haddock, Cod, Fried Fillet of, 125.  
 Half Shell, Oysters on the, 130.  
 Halibut, Maitre d'Hotel, 127.  
 Ham and Chicken Pie, 97.  
     Cakes, 98.  
     Flakes (Czecho-Slovak), 99.  
     Loaf, 98.  
     Puffs, 97.  
     Scalloped, 99.  
     Stuffed, 98.

Hard Candies, 279.  
 Sauce, 238.  
 Hare Roast, 120.  
 Haricot, Mutton, 107.  
 Harlequin Conserve, 258.  
 Swiss Chard, 189.  
 Hash, 92.  
 Baked, 157.  
 Pudding, 92.  
 Hashed Brown Potatoes, 185.  
 Heart, Calf's, 111.  
 Herb Soup, 143.  
 Hickory Nut Cake, 57.  
 Holiday Cocoanut Balls, 278.  
 Home Baked Beans, 177.  
 Hominy, 181.  
 And Corn Meal Cake, 46.  
 Savory, and Bacon, 100.  
 Honey Cakes, 64.  
 Puffs, 287.  
 Sponge Loaf Cake, 52.  
 Horseradish Sauce, 207.  
 Horseradish Sauce, 234.  
 Hot Chocolate, 268.  
 Chocolate Cream Pudding, 226.  
 Hot Cross Buns, 24.  
 Water Sponge Cake, 53.  
 Household Tests, 12.  
 How to Measure, 9.  
 How to Stuff Poultry, 114.  
 Hungarian Fish Fricassee, 125.  
 Goulash, 94.  
 Potato Salad, 197.  
 Tea Bread, 30.  
 Huttery Cutty Ginger Cookies, 68.

## I

Ice, Cranberry, 251.  
 Orange, Water, 251.  
 Strawberry, 247.  
 Ice Box Cake, 249.  
 Ice Cream, 244.  
 Burnt Almond, 245.  
 Butter Milk, 245.  
 Chocolate, 246.  
 Coffee, 246.  
 Marshmallow Nut, 246.  
 Nut Cream, 146, 246.  
 Peach, 246.  
 Philadelphia, 247.  
 Strawberry, 247.  
 Vanilla No. 1, 244.

Ice Cream, Vanilla No. 2, 244.  
 Vanilla, No. 3, 245.  
 Ice Cream Cake, 56.  
 Iced Tea, 272.  
 Icing, Bitter Sweet, 60.  
 Chocolate, 85.  
 Fondant, 88.  
 Fondant, Maple, 88.  
 Gelatine, 86.  
 Glacé, Sugar, 87.  
 Vanilla, 87.  
 Imperial Sticks, 150.  
 Indian Cold Meat Sauce, 234.  
 Curry, 235.  
 Pumpkin Pudding, 227.  
 Salad Sauce, 238.  
 Invalid Cookery, 290-295.  
 Albuminized Milk, 292.  
 Barley Water, 291.  
 Beef and Sago Broth, 292.  
 Beef Cakes, 295.  
 Beef Juice, 292.  
 Beef Juice, 293.  
 Clam Broth, 292.  
 Cornmeal Gruel, 293.  
 Custard Souffle, 294.  
 Dainty Pudding, 295.  
 Egg Cream, 294.  
 Invalid's Tea, 292.  
 Irish Moss, 294.  
 Junket Eggnog, 291.  
 Lemonade, 291.  
 Manhattan Cream, 295.  
 Oatmeal Gruel, 293.  
 Puffed Egg, 293.  
 Savory Custard, 294.  
 Scraped Beef Sandwiches, 295.  
 Tapioca Jelly, 295.  
 Toast Water, 291.  
 Invalid's Tea, 292.  
 Irish Moss, 294.  
 Italian Cake with Mocha Frosting, 59.  
 Italian Casserole Roast, 154.

J

Jam, Grape, 258.  
 Orange Gage, 258.  
 Jellied Chicken, 118.  
 Chicken and Egg Salad, 199.  
 Jelly, Aspic, No. 1, 209.  
 Aspic No. 2, 209.  
 Calf's Foot, 254.

Jelly, Coffee, 254.  
 Green Grape Mint, 258.  
 Orange, 255.  
 Tapioca, 295.  
 Jelly Roll, 53.  
 Jerusalem Artichokes, 176.  
 Juice, Beef, 292.  
 Beef, 293.  
 Julienne, 143.  
 Jumbles, Chocolate, 73.  
 Soft, 70.  
 Junket Eggnog, 291.  
 Johnny Cake, 46.  
 John's Delight, 226.

## K

Kidney, Broiled, 110.  
 Lamb's, 111.  
 Kitchen, Equipment, 7.

## L

Lamb, Braised, Breast of, 105.  
 Leg of, a la Francaise, 106.  
 Omacka, Polish, 106.  
 Stuffed Shoulder of, 105.  
 Terrapin, 158.  
 Tongue a la Soubise, 109.  
 Lamb's Kidney, 111.  
 Leg of Lamb a la Francaise, 106.  
 Of Mutton, 108.  
 Lemon, Apple Pie, 78.  
 Blitz Torte, 66.  
 Bread Pudding, 219.  
 Cake, 57.  
 Filling, 57.  
 Filling, 67.  
 Filling, 72.  
 Filling, 86.  
 Ginger Cup, 268.  
 Milk Sherbet, 252.  
 Pie, 79.  
 Pudding, 219.  
 Sauce, 239.  
 Sherbet, 252.  
 Sticks, 72.  
 Lemonade, 291.  
 Lennox Sandwich, 275.  
 Lentil Cakes, 181.  
 Lentils, Baked, 181.  
 Bourgeoise, 182.  
 Curried, 181.  
 La Riso, 182.  
 Puree of, 144.

Lester's Sauce, 236.  
 Lettuce Salad, 193.  
 Light Omelet, 169.  
 Lima Beans and Mushrooms, 177.  
 Pimiento Head Cheese, 177.  
 Puree of, 144.  
 Lime Punch, 270.  
 Liver and Bacon, 100.  
 Broiled, 111.  
 Pudding, English, 111.  
 Livers, Chicken Sautéd, 158.  
 Lobster a la Newburg, 133.  
 Salad, 203.  
 Sauce, 236.  
 Souffle, 133.  
 Stewed, 134.  
 Loganberry Punch, 271.  
 Lunch Cake, 55.  
 Luncheon Menus, Discussion of, 15.  
 Luncheon, Sample Menus, 16.  
 Lyonnaise Potatoes, 185.

## M

Macaroni, Baked with Cheese, 210.  
 Macaroon Pudding, 248.  
 Macaroons, 75.  
 Macedoine Salad, 195.  
 Maitre d'Hotel, Halibut, 127.  
 Manhattan Cream 295.  
 Maple Filling, 59.  
 Fondant Frosting, 88.  
 Ginger Bread, 45.  
 Hard Sauce, 239.  
 Icing, Fondant, 88.  
 Marshmallow Fudge, 283.  
 Mousse, 252.  
 Spice Drops, 74.  
 Sugar Cake, 59.  
 Sugar Tapioca Pudding, 219.  
 Tapioca Pudding, 227.  
 Maraschino Cherry Cake, 58.  
 Cherry Sauce, 239.  
 Marengo, Chicken a la, 116.  
 Marmalade, Cranberry, 259.  
 Grape, 259.  
 Grapefruit, 259.  
 Grapefruit, Orange and Lemon, 258.  
 Orange, 260.  
 Quince, 259.  
 Rhubarb and Pineapple, 260.  
 Marrow Balls, 151.  
 Marshmallow Nut Ice Cream, 246.

- Marshmallows, 284.
- Mashed Potatoes, 185.
- Mayonnaise Dressing, 205.
- Meat and Green Bean Roast, 154.
  - Loaf with Hard Cooked Eggs, 102.
  - Mince, Plain, 79.
  - Mince, Rich, 79.
  - Pie, Baltimore, 95.
  - Sauce, Cold, Indian, 234.
- Meats 89-113.
- Meats and Fish, Time for Cooking, 10.
- Measure, How to, 9.
- Measurements and Equivalents, 9.
- Memory, To Commit to, 11.
- Menu Making, Suggestions for, 14.
- Menus, Sample, 16.
  - Breakfasts, 16.
  - Luncheons, 16.
  - Dinners, 17.
  - Suppers, 17.
  - Holiday Dinners, 18.
- Meringue for Baked Alaska, 248.
- Meringues, 222.
- Metropolitan Cake, 63.
- Mexican Coconut Kisses, 284.
  - Rice and Ham, 156.
- Mince Meat, Plain, 79.
- Mince Meat, Rich, 79.
- Minced Clams, 161.
- Mint and Grapefruit Sherbet, 251.
  - Cordial, 269.
  - Cup, 269.
  - Jelly, Green Grape, 258.
  - Sauce, 236.
- Mocha Cakes, 53.
  - Cakes, Fancy, 65.
  - Frosting, 87.
  - Frosting, Chocolate, 86.
  - Marshmallow Fudge, 283.
  - Walnuts, 285.
- Mock Cherry Pie, 82.
  - Crab, 180.
  - Sausage, 156.
- Molasses Candy, 285.
  - Gems, 64.
  - Nut Bars, 69.
  - Puffed Rice Bar, 279.
  - Sauce, 233.
  - Wafers, 68.
- Moss, Irish, 294.
- Moulded Corn Meal and Dates, 227.
  - Salmon Salad, 202.
- Mousse, 252.
  - Caramel, 252.
  - Chocolate, 252.
  - Maple, 252.
- Muffins, Brown, 34.
  - Cheese, 34.
  - Cherry or Blueberry, 44.
  - Corn, 44.
  - Corn with Dates, 44.
  - Date, 43.
  - English, 34.
  - Graham, 43.
  - One Egg, 43.
  - Rye, Breakfast, 43.
  - Togus, 43.
- Mulled Cider, 266.
- Mushrooms, Lima Beans and, 177.
- Mustard Sauce, 236.
- Mutton, 106.
  - Boiled Leg of, 107.
  - Braised Leg of, 108.
  - Breast of, with Tomatoes, 107.
  - Broth, 139.
  - Chops, Panned, 106.
  - Haricot, 107.
  - Leg of, 108.
  - Ragout of, 107.
  - Roast Shoulder of, 107.
  - Single Saddle of, 108.

## N

- Native Tomato Sauce, 235.
- Nesselrode Pudding, 249.
- New England Pudding, 227.
  - Hampshire Doughnuts, 30.
  - Potato Croquettes, 186.
- Noodles, 150.
- Norwegian Prune Pudding, 219.
- Nut and Raisin Bread, 50.
  - Bread, 23.
  - Bread, Quick, 49.
  - Bread Sandwich, 285.
  - Cream, 246.
  - Custard Pie, 82.
  - Loaf Cake, 56.
  - Molasses Bars, 69.
  - Pudding (and Date), 223.

## O

- Oatmeal and Fig Cookies, 70.
  - Cookies, Fig, 70.
  - Gruel, 293.
  - Pudding, 228.



Okra, 182.  
 And Corn, 182.  
 Baked, 183.  
 Creole, 183.  
 Fried, 182.  
 Soup, 144.  
 Old Fashioned Sour Cream Cake, 55.  
 Cinnamon Cake, 33.  
 Sour Cream Cookies, 70.  
 Omaeka (Polish), 106.  
 Omelet, Additions to dress up, 169.  
 Chicken Liver, 170.  
 Light, 169.  
 Plain, 169.  
 Salmon, 170.  
 Savory, 169.  
 Spanish, 170.  
 Sweet, 170.  
 To Turn and Fold, 169.  
 One-Dish Meals and Casserole Dishes,  
 153-162.  
 One Egg Muffins, 43.  
 Pumpkin Pie, 80.  
 Waffles, 42.  
 Onion Soup, 145.  
 Onions, Spanish, Stuffed, 183.  
 Orange Cakes, Economy, 59.  
 Charlotte, 254.  
 Frosting, 86.  
 Gage Jam, 258.  
 Jelly, 255.  
 Marmalades, 259.  
 Marmalade (Standard), 260.  
 Salad, 200.  
 Souffle, 228.  
 Water Ice, 251.  
 Ornamental Frosting, 87.  
 Ox-Eyes, 171.  
 Ox-Tail Soup, 138.  
 Oyster Plant, or Salsify, 183.  
 Short Cake, 131.  
 Soup, 139.  
 Stew, 140.  
 Oysters and Mushrooms, 161.  
 Broiled, 130.  
 Brown Fricassee of, 131.  
 Creamed, 130.  
 Deviled, 131.  
 Grilled, 130.  
 On Half Shell, 130.  
 Scalloped, 131.  
 Short Cake, 131.

Oysters, Spindled, 131.  
 White Fricassee of, 132.

## P

Pan Broiled Steak, 90.  
 Cakes (Potato), 41.  
 Panned Mutton Chops, 106.  
 Parfait, 250.  
 Chocolate Nut, 250.  
 Coffee, 250.  
 Pineapple, 250.  
 Parisian Round Steak, 90.  
 Parker House Rolls, 27.  
 Parsley Cubes, 184.  
 Parsnips, 183.  
 Pastry, 76.  
 Almond, 77.  
 Plain Rich, 77.  
 Puff, 77.  
 Venison, 120.  
 Pate a Choux, 150.  
 Patties, Chicken and Cream, 215.  
 Patty Cases, 82.  
 Peach Cobbler, 246.  
 Ice Cream, 246.  
 Pudding, 229.  
 Peanut Brittle, 279.  
 Cookies, 72.  
 Fudge, 283.  
 Goody, Date and, 284.  
 Peas, 184.  
 With Sweetbreads, 58.  
 Pecan Pralines, 287.  
 Pepper Relish, 264.  
 Peppers a la Creole, 184.  
 Stuffed, Green, 184.  
 Peppermint Lemonade, 270.  
 Perfection Coffee, 267.  
 Philadelphia Ice Cream, 247.  
 Pickled Beets, 178.  
 Eggs, 172.  
 Peaches, 261.  
 Pickles, 260.  
 Chipped Pears, 261.  
 Chopped Raw, 260.  
 Green Cucumber, 260.  
 Green Tomato, 261.  
 Green Tomato, 262.  
 Green Tomato, Sweet, 262.  
 Peach, 261.  
 Prunes, Sweet, 262.  
 Small Cucumber, 261.

- Pie, Apple, 73.  
     Chicken, 117.  
     Cheese, 82.  
     Chocolate Meringue, 81.  
     Clam, 133.  
     Cream, 78.  
     Custard, 78.  
     Devily, 128.  
     Eggless Pumpkin, 80.  
     Ham and Chicken, 97.  
     Lemon, 79.  
     Lemon Apple, 78.  
     Meat, Baltimore, 95.  
     Mock Cherry, 82.  
     Nut Custard, 82.  
     Plain Mince Meat, 79.  
     Pumpkin, 80.  
     Pumpkin, Eggless, 80.  
     Pumpkin, One Egg, 80.  
     Rhubarb, 80.  
     Rich Mince Meat, 79.  
     Shepherds', 154.  
     Sour Cream, 81.  
     Sweet Potato, 81.  
     Tamale, 155.  
     Veal and Ham, 104.  
 Pigs in Blankets, 158.  
 Pimiento Head Cheese, Lima Beans, 177.  
 Pineapple and Green Pepper Salad, 200.  
     And Cheese Ball Salad, 200.  
     Marmalade and Rhubarb, 260.  
     Marshmallows, 284.  
     Parfait, 249.  
     Punch, 271.  
     Rings, 287.  
 Pink Bunny, 159.  
 Piquant Sandwich, 275.  
 Plain Cookies, 69.  
     Gingerbread, 44.  
     Mince Meat, 79.  
     Omelet, 169.  
     Rich Pastry, 77.  
     Swiss Chard, 189.  
 Planked Shad or Whitefish, 127.  
     Salmon with Potato Balls, 128.  
 Plum Conserve, 257.  
 Poached Eggs, 168.  
     Eggs, French, 168.  
 Polish Lamb, Omaeka, 106.  
 Poor Man's Rice Pudding, 228.  
 Popcorn Balls, 278.  
     Fudge, 282.  
 Popcorn, Marguerites, 287.  
     Soup, 146.  
 Popovers, 47.  
     Corn, 47.  
 Pork, 95.  
     Alexandria, 96.  
     And Potato, Scalloped, 157.  
     Apples and Bacon, 99.  
     Bacon and Corn Fritters, 101.  
     Bacon and Liver, 100.  
     Bacon and Savory Hominy, 100.  
     Bacon and Tomato (Concordia), 101.  
     Bacon, Breakfast No. 1, 99.  
     Bacon, Breakfast No. 2, 99.  
     Bacon Cups, 99.  
     Cakes, Ham, 98.  
     English Ham Loaf, 98.  
     Flakes, Ham (Czecho-Slovak), 99.  
     Ham and Chicken Pie, 97.  
     Ham, Broiled, 98.  
     Ham Cakes, 98.  
     Ham Loaf (English), 98.  
     Ham Puffs, 97.  
     Ham, Scalloped and Potato, 99.  
     Ham, Stuffed, 98.  
     Ham Stuffing, 98.  
     Kopustai (Cabbage Rolls), 97.  
     Loin Rib Roast, 96.  
     Nests, Birds', 100.  
     Patties, Bacon, 101.  
     Puffs (Ham), 97.  
     Roast Leg, 95.  
     Salt, Fried, 96.  
     Sausage, Breakfast, 95.  
     Stuffing (Ham), 98.  
     Tamale (Southern), 100.  
     Tenderloin, Baked, 96.  
     Tenderloin, Broiled, 97.  
 Potatoes au Gratin, 186.  
     Croquettes, 187.  
     Drop Biscuit, 26.  
     Dumpling, 186.  
     Fondant, Uncooked, 282.  
     French Fried, 185.  
     Hashed Brown, 185.  
     Lyonnais, 185.  
     Mashed, 185.  
     New, Croquettes, 186.  
     Pan Cakes, 41.  
     Paste, 286.  
     Salad No. I, 196.  
     Salad No. II, 196.

- Potatoes, Salad, German, No. 1, 196.  
 Salad, German, No. 2, 196.  
 Sausages, 186.  
 Scalloped, 187.  
 Scalloped with Ham, 156.  
 Soup, 146.  
 Stuffed, 135.  
 Sugar, or Candied Yams, 187.  
 Sweet, Pie, 81.
- Pot Pie, Squirrel, 120.  
 Roast, 90.  
 Veal, 103.
- Poultry and Game, 113-123.  
 Stuffing No. 1, 121.  
 Stuffing No. 2, 121.  
 Stuffing No. 3, 121.  
 Stuffing No. 4, 121.  
 To Dress and Clean, 114.  
 To Stuff, 114.  
 To Truss, 114.
- Pound Cake, 55.
- Preservation of Food, 256-265.
- Preserves, 262.  
 Currant, 262.  
 Raspberry and Currant, 263.  
 Rhubarb and Fig, 262.  
 Tomato, 263.
- Puddings, 216.  
 Allegetti Apples, 217.  
 Apple, 225.  
 Apple, Brown Betty, 224.  
 Apple Whip, 217.  
 Baked Lemon Dumplings, 227.  
 Batter, Coffee Nut Sauce, 225.  
 Blueberry, 225.  
 Bread, 224.  
 Brown Betty, 224.  
 Caramelized Rice and Apple, 217.  
 Carrot, 223.  
 Charlotte Russe No. 1, 221.  
 Charlotte Russe No. 2, 221.  
 Cheese, 222.  
 Cheese, 223.  
 Cherry, 225.  
 Cherry, Canned, 223.  
 Chestnut Cream, 222.  
 Chicken and Corn, 211.  
 Chocolate Cream, Hot, 226.  
 Christmas, 226.  
 Coffee Jelly, 222.  
 Coffee, Steamed, 230.  
 Corn, 179.  
 Cottage, 226.
- Puddings, Currant, 217.  
 Custard (Honey), Baked, 217.  
 Dainty, 295.  
 Date and Nut, 223.  
 Fairy, 218.  
 Fig and Date, 223.  
 Floating Island, 218.  
 Fruit, Whip, 218.  
 Gooseberry Whip, 218.  
 Green Gage Meringue in Halves  
 Cantaloupes, 221.  
 Indian Pumpkin, 227.  
 John's Delight, 226.  
 Lemon, 219.  
 Lemon, Bread, 219.  
 Macaroon, 248.  
 Maple Sugar Tapioca, 219.  
 Maple Tapioca, 227.  
 Meringues, 222.  
 Moulded Corn Meal and Dates, 227.  
 Nesselrode, 249.  
 New England, 227.  
 Noodle, 228.  
 Norwegian Prune, 219.  
 Oatmeal, 228.  
 Orange Souffle, 228.  
 Peach, 22.  
 Pumpkin Bread, 229.  
 Pumpkin Custard, Steamed, 220.  
 Rennet Custard, 220.  
 Rice, 229.  
 Rice Croquettes, 229.  
 Rice Fruit, 220.  
 Rice, Poor Man's, 228.  
 Rice with Apple Compote, 220.  
 Sauce for Plum Pudding, 239.  
 Snow, 254.  
 Souffle, Apples, 230.  
 Spiced, 229.  
 Strawberry Sponge, 221.  
 Suet, 230.  
 Whole Wheat, 230.
- Puffed Egg, 293.  
 Puff Pastry, 77.  
 Puffs, Cocoanut, 66.  
 Cream, 65.  
 Graham, 47.  
 Honey, 287.  
 Whole Wheat, 48.
- Pumpkin Bread Pudding, 229.  
 Fried, 187.  
 Pie, 80.  
 Pie, Eggless, 80.

Pumpkin Pie, One Egg, 80.  
 Pudding, Indian, 227.  
 Scalloped, 187.  
 Punch, Dry State, 270.  
 Fruit, 270.  
 Puree, Beef, 139.  
 Of Lentils, 144.  
 Of Lima Beans, 144.

## Q

Quenelles, Chicken, 213.  
 Quick Breads, 36.  
   General Directions for Making, 36.  
   Nut, 49.  
 Quick Frosting, 87.  
 Quince Marmalade, 259.

## R

Rabbit, Broiled, 119.  
   Fried, 119.  
 Ragout of Mutton, 107.  
 Raised Coffee Cake, 31.  
   Doughnuts, 30.  
 Raisin Bread, 22.  
   Bread (Nut), 50.  
   Drop Biscuit, 38.  
 Ramequins, 165.  
 Rarebit, Cheese and Tomato with  
   Bacon, 160.  
   Savory, 159.  
   Scotch, 165.  
   Welsh, 160.  
   Welsh, 166.  
   Welsh Au Gratin, 166.  
 Raspberry and Currant Preserves, 263.  
   Sherbet, 251.  
 Ravigote Sauce, 235.  
 Red Mayonnaise, 206.  
 Relish, Cherry, 263.  
   Cheese, 165.  
   Cranberry, 263.  
   Green Tomato and Pepper, 263.  
   Pepper, 264.  
 Remoulade Dressing, 205.  
   Sauce, 239.  
 Rennet Custard, 220.  
 Rhubarb and Fig Preserves, 262.  
   And Pineapple Marmalade, 260.  
   Pie, 80.  
   Short Cake, 40.  
   Short Cake Filling, 40.  
   Short Cake (Tutti-Frutti), 39.

Rice and Ham, Mexican, 156.  
   Boiled, 188.  
   Creole, 188.  
   Croquettes, 229.  
   Curried, 212.  
   Curried Vegetables, 188.  
   Fruit Pudding, 220.  
   Griddle Cakes, 41.  
   Pudding, 229.  
   Spanish, 188.  
   Steamed, 188.  
   With Apple Compote, 220.  
 Rich Little Tea Cakes, 74.  
   Mince Meat, 79.  
 Richmond Corn Dodgers, 42.  
 Rings, Bavarian, 74.  
 Risen Dough, Sally Lunn, 27.  
 Rissoles, Chicken, 212.  
 Roast, Beef, 90.  
   Chicken, 115.  
   Duck, 120.  
   Duck Dressing, Fruit, 122.  
   Hare, 120.  
   Leg of Pork, 95.  
   Loin Rib, 96.  
   Shoulder of Mutton, 107.  
   Turkey, 119.  
   Veal, Single, 101.  
 Rocks, Date, 71.  
 Roe, Shad, 127.  
 Roll, Jelly, 53.  
 Rolls, Butter Scotch, 37.  
   Cinnamon, 31.  
   Cinnamon, 38.  
   Finger, 27.  
   Parker House and Finger, 27.  
   Salad, Tea Biscuit, 28.  
   Vienna Mixture, 27.  
 Royal Custard, 151.  
   Custard with Chestnuts, 151.  
 Royal Soup, 138.  
 Roxbury Cakes, 65.  
 Rusks and Buns, 26.  
 Russian Beef Roll, 91.  
   Chicken en Casserole, 119.  
   Sandwich, 275.  
 Rye Bread, 21.  
   Breakfast Muffins, 43.  
   'n Injin, 29.

## S

Saddle or Mutton, Single, 108.  
 Sago Broth (and Beef), 292.

## Salad, 193.

- Apricot and Prune, 200.
- Asparagus Cheese, 194.
- Asparagus Vinaigrette, 194.
- Beef, 199.
- Cabbage, 195.
- Cabbage Relish, 195.
- Cauliflower, 196.
- Cheese, 202.
- Cherry and Cheese, 200.
- Chicken, 199.
- Cold Slaw, 195.
- Cream Cheese, 202.
- Cucumber Jelly, 194.
- Date, 201.
- Easter, 202.
- Fish, 203.
- Grapefruit, 200.
- Green Pea, 194.
- In Jelly, 203.
- Jellied Chicken and Egg, 199.
- Lettuce, 193.
- Lobster, 203.
- Macedoine, 195.
- Moulded Salmon, 202.
- Orange, 200.
- Pineapple and Cheese Ball, 200.
- Pineapple and Green Pepper, 200.
- Potato No. I, 196.
- Potato No. II, 196.
- Potato, German, No. I, 196.
- Potato, German, No. II, 196.
- Potato, Hungarian, 197.
- Sardine, 204.
- Sauce, Indian, 238.
- Shrimp, 204.
- Shrimp and Cabbage, 203.
- Shrimp and Tomato Aspic, 203.
- Spinach, 198.
- Strawberry, Orange and Cheese Ball, 201.
- String Bean, 195.
- Stuffed Tomato, 198.
- Sweetbread and Orange, 201.
- Tomato, 198.
- Tomato and Potted Meat, 197.
- Tomato, Stuffed, 197.
- Tomato, Yellow, 198.
- Veal, 199.
- Vegetable, Harlequin, 198.
- Waldorf, 201.
- Water Lily, 202.
- Salad Dressing Without Oil, 204.

## Salad Dressings, 204.

- Boiled, 204.
- Butter, 204.
- Chiffonade, 206.
- Chili, 206.
- Cream, 206.
- French, 206.
- French, with Roquefort Cheese, 206.
- Horseradish, 207.
- Mayonnaise, 205.
- Mayonnaise, Cream, 206.
- Mayonnaise, Green, 205.
- Mayonnaise, Red, 206.
- Remoulade, 205.
- Sour Cream, 205.
- Without Oil, 204.
- Salad in Jelly, 203.
- Salad Rolls (Tea Biscuits), 28.
- Sally Lunn, Risen Dough, 27.
- Salmon, Darne of, 128.
- Loaf (Finnish), 129.
- Omelet, 170.
- Salad, 202.
- Salsify or Oyster Plant, 183.
- Salted Almonds, 288.
- Sample Menus, 16.
- Sand Tarts, 73.
- Sandwiches, 273.
- Cheese Toast, 160.
- Chicken Club, 274.
- Chicken Liver, 274.
- Cucumber, 274.
- Deville, 274.
- Fig, 275.
- Lennox, 275.
- Piquant, 275.
- Russian, 275.
- Savoy, 275.
- Scraped Beef, 295.
- Shrimp, 275.
- Sponge Cake, 276.
- Swiss Club, 276.
- Tea Room, 276.
- Tea Sandwiches, 276.
- Sardine Salad, 204.
- Sauces, 231-243.
- Apricot, 239.
- Baked Banana, 233.
- Bearnaise, 232.
- Bechamel, 233.
- Black Butter, 232.
- Bread, 232.
- Brown, 232.



- Sauces, Capers, 233.**  
 Caramel or Browned Sugar, 238.  
 Chili No. 1, 264.  
 Chili No. 2, 264.  
 Chocolate, 236.  
 Cream, 234.  
 Creamy, 234.  
 Cucumber, 233.  
 Cumberland, 234.  
 Drawn Butter, 242.  
 Egg, 234.  
 Fruit, 40.  
 Hard, 238.  
 Hollandaise, 40.  
 Horseradish, 234.  
 Indian Cold Meat, 234.  
 Indian Curry, 235.  
 Indian Salad, 238.  
 Lemon, 239.  
 Lester's, 236.  
 Lobster, 236.  
 Maple, Hard, 239.  
 Maraschino Cherry, 239.  
 Milanese, 240.  
 Mint, 236.  
 Molasses, 233.  
 Mustard, 236.  
 Native Tomato, 235.  
 Neapolitana, 237.  
 Piquant, 237.  
 Plum Pudding, 239.  
 Prague, 235.  
 Ravigote, 235.  
 Remolade, 239.  
 Soft Custard, 240.  
 Soubise, 240.  
 Spanish, 237.  
 Strawberry No. 1, 240.  
 Strawberry No. 2, 241.  
 Tartare, 238.  
 Tomato, 238.  
 Tomato, 264.  
 Veloute, 241.  
 Vinaigrette, 241.  
 White No. 1, 241.  
 White No. 2, 241.  
 White No. 3, 241.  
 Yellow Bechamel, 233.
- Sausage, Mock, 156.**  
 Potato, 186.  
**Saute a la Creole, Chicken, 117.**  
 Frogs' Legs, 129.
- Saute Green Tomatoes, 191.**  
 Squash, 190.  
**Sauted Chicken Livers, 158.**  
 Savarins, French, 32.  
**Savory Custard, 294.**  
 Hominy and Bacon, 100.  
 Omelet, 169.  
 Rarebit, 159.  
 Shrimps in Chafing Dish, 134.  
 Stuffed Fish, 126.  
**Savoy Sandwich, 275.**  
**Scalloped Codfish, 128.**  
 Eggs, 168.  
 Ham and Potato, 99.  
 Jerusalem Artichokes, 176.  
 Oysters, 131.  
 Pork and Potato, 157.  
 Potatoes, 187.  
 Potato and Ham, 99.  
 Pumpkin, 187.  
 Tongue, 110.  
**Scallops in Shell, 135.**  
 Spindled, 134.  
**Schaum Torte, 67.**  
 Scones, Corn Meal, 42.  
**Scotch Rarebit, 165.**  
 Roll, Beef, 91.  
 Short Bread, 84.  
 Soup, 145.  
**Scrambled Eggs, 168.**  
 Eggs with Tomatoes, 159.  
**Scraped Beef Sandwiches, 295.**  
**Service, Table Forms of, 12.**  
**Shepherds' Pie, 154.**  
**Sherbets, 251.**  
 Cranberry, 251.  
 Lemon Milk, 252.  
 Lemon, 252.  
 Mint and Grapefruit, 251.  
 Raspberry, 251.  
**Short Bread, 84.**  
**Shortcake No. I, 39.**  
 No. II, 39.  
 No. III, 39.  
 Oyster, 131.  
 Rhubarb, 40.  
 Rhubarb Tutti-Frutti, 39.  
**Shoulder of Lamb, Stuffed, 105.**  
**Shredded Eggs, 171.**  
**Shrimps, 134.**  
 And Cabbage Salad, 203.  
 And Tomato Aspic Salad, 203.  
 Fricassee, 134.

- Shrimps, Salad, 204.  
   Sandwich, 275.  
   Savory, in Chafing Dish, 134.  
   Soup, 140.  
   Southern, 160.  
 Skillet or Upside Down Cake, 54.  
 Small Cucumber Pickles, 261.  
   Fish, Baked, 125.  
 Snaps, Ginger, 67.  
 Snow Pudding, 254.  
 Soft Custard Sauce, 240.  
   Ginger Bread, 44.  
   Ginger Cookies, 68.  
   Jumbles, 70.  
   Mocha Frosting, 54.  
 Soft-shell Crabs, Fried, 132.  
 Soubise Sauce, 240.  
 Souffle Apples, 230.  
   Bean, 211.  
   Chicken, 212.  
   Custard, 294.  
   Lobster, 133.  
   Orange, 228.  
   Veal, 103.  
 Soup Accompaniments, 150.  
   Croutons, 150.  
   Force meat Balls, 151.  
   Imperial Sticks, 150.  
   Marrow Balls, 151.  
   Noodles, 150.  
   Pate a Choux, 150.  
   Royal Custard, 151.  
   Royal Custard with Chestnuts, 151.  
   Spinach Balls, 151.  
   Sponge Balls, 152.  
 Soups, 136-150.  
   Baked, 143.  
   Baked Bean, 143.  
   Barley, 142.  
   Black Bean, 142.  
   Bouillabaise, 141.  
   Calf's Head or Mock Turtle, 141.  
   Cheese, 149.  
   Chestnut, 147.  
   Chicken, Southern, 139.  
   Cottage Cheese, 147.  
   Cream of Asparagus, 147.  
   Cream of Cabbage, 148.  
   Cream of Cauliflower, 149.  
   Cream of Farina, 148.  
   Cream of Tomato, 148.  
   Dutchess, 147.  
   Green Pea, 146.  
   Soups, Green Turtle, 142.  
   Herb, 143.  
   Julienne, 143.  
   Okra, 144.  
   Onion, 145.  
   Oxtail, 138.  
   Oyster, 139.  
   Pop-Corn, 146.  
   Potato, 146.  
   Royal, 138.  
   Scotch, 145.  
   Shrimp, 140.  
   Southern Chicken, 139.  
   Split Pea, 145.  
   Stew, Oyster, 140.  
   Stock, Brown, 138.  
   Stock, Economy, 137.  
   Stock, White, 137.  
   Tomato with Stock, 138.  
   Vegetarian, 145.  
   Soups, Cream, Foundation of, 148.  
 Sour Cream Doughnuts, 30.  
   Doughnuts, 48.  
   Dressing, 205.  
   Filling, 87.  
   Pie, 81.  
 Sour Milk Ginger Bread, 45.  
 Southern Bisque, 248.  
   Chicken Soup, 139.  
   Corn a la, 180.  
   Limeade, 269.  
   Shrimp, 160.  
   Tamale, 100.  
 Spanish Omelet, 170.  
   Rice, 188.  
   Sauce, 237.  
 Spice Cake, 63.  
   Drops, Maple, 14.  
 Spiced Pudding, 229.  
 Spinach, 189.  
   Balls, 151.  
   Salad, 198.  
 Spindled Oysters, 131.  
   Scallops, 134.  
 Split Pea Chowder, 150.  
   Soup, 145.  
 Sponge Balls, 152.  
 Sponge Cake, 52.  
   Hot Water, 53.  
   Sandwich, 276.  
 Spoon Bread, Virginia, 46.  
 Squash, Baked in Tomato, 191.  
   Fried in Butter, 190.

Squash, Sauteed, 190.  
 Stuffed, 190.  
 Summer, 190.  
 Yellow and Meat, 157.  
 Squirrel Pot Pie, 120.  
 Standard Orange Marmalade, 260.  
 Steamed Boston Brown Bread, 47.  
 Chicken, 116.  
 Coffee Pudding, 230.  
 Fish, 124.  
 Pumpkin Custard, 220.  
 Rice, 188.  
 Stew, Beef, 92.  
 Stewed Celery, 179.  
 Lobster, 134.  
 Steak, 91.  
 Stews, Dumplings for, 49.  
 Sticks, Imperial, Soup, 150.  
 Lemon, 72.  
 Stock, Soup, Economy, 137.  
 Strawberry Ice, 247.  
 Ice Cream, 247.  
 Orange and Cheese Ball Salad, 201.  
 Sauce No. 1, 240.  
 Sauce No. 2, 241.  
 Sponge, 221.  
 Straws, Cheese, 83.  
 Cheese, 164.  
 String Bean Salad, 195.  
 Beans, German Fashion, 177.  
 Strudel, 73.  
 Stuffed Cabbage, 178.  
 Eggs, 171.  
 Green Peppers, 184.  
 Ham, 98.  
 Potatoes, 185.  
 Prunes, 287.  
 Shoulder of Lamb, 105.  
 Spanish Onions, 183.  
 Squash, 190.  
 Tomato, 197.  
 Tomatoes, 191.  
 Tomato Salad, 198.  
 Stuffing, Chestnut, 122.  
 For Baked Fish, 135.  
 No. 1.  
 No. 2.  
 No. 3.  
 For Ducks, 122.  
 No. 1.

Stuffing, No. 2.  
 No. 3.  
 Poultry, 121.  
 No. 1.  
 No. 2.  
 No. 3.  
 No. 4.  
 Succotash, 180.  
 Suet, Corn Cake with, 47.  
 Pudding, 230.  
 Sugar Cookies, 69.  
 Glacé, 87.  
 Icing, Glacé, 87.  
 Potatoes or Candied Yams, 187.  
 Summer Squash 190.  
 Sunshine Cake, 53.  
 Supper, Late, Dishes, 15.  
 Sample Menu, 17.  
 Swedish Tea Ring, 25.  
 Sweet French Buns, 25.  
 Omelet, 170.  
 Pickled Prunes, 262.  
 Potato Pie, 81.  
 Sweetbread and Orange Salad, 201.  
 Sweetbreads, Broiled, 210.  
 With Peas, 158.  
 Swiss Chard, Concordia, 189.  
 Harlequin, 189.  
 Plain, 189.  
 Swiss Club Sandwich, 276.  
 Macaroons, 75.  
 Syrup, Chocolate, 86.

## T

Table Service, Forms, 12.  
 Taffy, 279.  
 Tamale Pie, 155.  
 Tapioca Jelly, 295.  
 Pudding, Maple, 219.  
 Tart, Apple Creamed, 83.  
 Cherry, 83.  
 Tartare Sauce, 238.  
 Tarts, Sand, 73.  
 Tea, 271.  
 Biscuit, with Potato, 29.  
 Bread, Hungarian, 30.  
 Cake, Blueberry, 58.  
 Cakes, Lancashire, 29.  
 Cakes, Rich Little, 74.  
 Iced, 272.  
 Invalids', 292.  
 Punch, 271.

Tea Ring, Swedish, 25.  
     Room Sandwiches, 276.  
 Terms Defined, Cooking, 13.  
 Terrapin, Lamb, 158.  
 Tests, Household, 12.  
 Thanksgiving Dinner, Sample Menu,  
     18.  
 The Best Corn Bread I Know, 46.  
 Timbales, Chicken, 214.  
 Time for Baking, 10.  
     Cakes.  
     Cookies.  
     Ginger Breads.  
     Pies.  
     Puddings, Etc.  
 Time for Broiling, 10.  
     Chicken.  
     Fish.  
     Steak.  
 Time for Cooking Meats and Fish, 10.  
 Toast Clam, 133.  
     Water, 291.  
 To Cut Up Fowl, 114.  
     Dress and Clean Poultry, 114.  
     Prepare a Fowl for Broiling, 114.  
     Prepare Giblets, 115.  
     Truss Poultry, 114.  
     Turn and Fold Omelet, 169.  
 Toffee, English, 288.  
 Togos Muffins, 43.  
 Tomato and Potted Meat Salad, 197.  
     Catsup, 257.  
     Cream Soup, 148.  
     Croquettes, 191.  
     Preserves, 263.  
     Salad, 198.  
     Sauce, 264.  
     Sauce, 238.  
     Soup, with Stock, 138.  
     Squash, Baked in, 191.  
     Stuffed Salad, 197.  
     Toast, 165.  
     Yellow, Salad, 198.  
 Tomatoes, Curried, 192.  
     Dressed, 159.  
     Green, Sauteed, 191.  
     Stuffed, 191.  
     With Green Peppers and Cheese,  
         192.  
 Tongue, Braised, 110.  
     En Casserole, 109.  
     Glazed with Tomato Sauce, 109.

Tongue in Jelly, 108.  
     Lamb, a la Soubise, 109.  
     Scalloped, 110.  
     Veal, a la Tartare, 110.  
 Torte, Almond Cake, 67.  
     Date, 66.  
     Lemon Blitz, 66.  
     Schaum, 67.  
 Tripe a la Creole, 112.  
     Fricasseeed with Onions, 112.  
     Fried, 112.  
     In Batter, 112.  
 Turkey, Braised, 119.  
     Roast, 119.  
 Turnips, 192.  
 Turn Over Chicken, 212.  
 Tutti-Frutti Candy, 288.  
 Twists, French, 28.

## V

Vanilla Ice Cream, Cheap, 245.  
     Ice Cream No. 1, 244.  
     Ice Cream No. 2, 244.  
     Ice Cream No. 3, 245.  
     Icing, 87.  
 Veal, 101  
     And Ham Pie, 104.  
     Breast of, 102.  
     Cutlets, 102.  
     Cutlets, Broiled, 102.  
     En Casserole, 104.  
     Fillet of, 104.  
     Fricassee, 104.  
     Gelatine of, 105.  
     Loaf, 103.  
     Loaf with Hard Cooked Eggs, 102.  
     Pot Pie, 103.  
     Roast, Single, 101.  
     Salad, 199.  
     Souffles, 103.  
     Tongue a la Tartare, 110.  
 Vegetable Harlequin Salad, 198.  
 Vegetables, 174-193.  
     Cooking Time for, 11.  
 Vegetarian Soup, 145.  
 Veloute Sauce, 241.  
 Venison Pastry, 120.  
 Victoria Fudge, 283.  
 Vienna Roll Mixture, 27.  
 Vinaigrette, 241.  
 Vinegar, Raspberry, 271.  
 Virginia Spoon Corn Bread, 46.

## W

- Wafers, 83.
  - Molasses, 68.
- Walnut, 73.
- Waffles, 42.
  - One Egg, 42.
- Waldorf Salad, 201.
- Walnuts, Dipped, 289.
  - Wafers, 73.
- Water Lily Salad, 202.
  - Ice, Orange, 251.
- Wedding Cake, Dark, or Christmas
  - Fruit Cake, 62.
- Welsh Rarebit, 160.
  - Rarebit, 166.
  - Rarebit au Gratin, 166.
- White Bread (Quick Method), 20.
  - Bread (Sponge Method), 20.
  - Chicken Force meat, 213.

- White Bread, Fondant, 281.
  - Fricassee of Oysters, 132.
  - Sauce No. 1, 241.
  - Sauce No. 2, 241.
  - Sauce No. 3, 241.
  - Stock, 137.
- Whitefish or Shad, Planked, 127.
- Whole Wheat Bread or Graham, 21.
  - Pudding, 230.
  - Puffs, 48.

## Y

- Yams, Candied or Sugar Potatoes, 187.
- Yeast Mixtures, 19.
  - General Directions for Making, 19.
- Yellow Bechamel Sauce, 233.
  - Squash and Meat, 157.
- Tomato Salad, 198.











